

MANGO STRAWBERRY SORBET



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Ingredients

Yield: 8

- 3/4 c sugar
- 1-1/2 c water
- 1-1/2 c chopped peeled mangoes
- 1-1/2 c fresh strawberries, halved
- 1/4 c lime juice

Directions

1. In a small saucepan, bring sugar and water to a boil. Cook and stir until sugar is dissolved; set aside and cool.
2. In a food processor, cover and process mangoes and strawberries until pureed. Then put into a large bowl; stir in sugar syrup and lime juice.
3. Pour into a 13-in. x 9-in. dish; cover and freeze for 45 minutes or until edges begin to firm. Stir and return to freezer. Freeze 2 hours longer or until firm.
4. Just before serving, transfer to a food processor; cover and process for 2-3 minutes or until smooth.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
½ cup	103	0	1	27	333 mg

Carbohydrate Exchanges: 2