

Cherry Sorbet

Code
\$, V, Q, RH, DF, GF

Nutrition Facts:	
Yield	8
Serving Size	½ cup
Calories	46
Total Fat	0 g
Sugar	8 g
Fiber	1 g
Carbohydrate	11 g
Protein	1 g
Vitamin A	994 IU

Ingredients Needed:

- 4 cups pitted sour or sweet cherries, fresh or frozen (not thawed)
- 1 cup water
- 2-4 tablespoons confectioners' sugar or superfine sugar

Recipe Directions:

1. Puree cherries, water and sugar in a blender until smooth.
2. Strain through a fine sieve, pressing on the solids to extract as much liquid as possible. (Discard solids)
3. Pour the strained mixture into a 9-by-13-inch baking pan and place the pan on a level surface in your freezer.
4. Freeze, stirring and scraping with a fork every 30 minutes, moving the frozen edges in toward the center. Crush any lumps, until firm and slushy, or about 2½ to 3 hours.

