

# Watermelon Strawberry Sorbet

## Ingredients

- 5 cups seedless watermelon, cubed and frozen
- 1 $\frac{1}{4}$  cups frozen strawberries
- $\frac{1}{2}$  cup cold water
- $\frac{3}{4}$  cup sugar
- 2 Tbsp lemon juice

## Directions

1. Place all of the ingredients into a blender or food processor. Blend until smooth.
2. Scrape down sides to mix thoroughly. If mixture seems too thick, add 1 tablespoon of cold water, blend and re-evaluate before adding additional water
3. Serve sorbet immediately or place in a freezer safe container until serving. Remove from freezer and let soften 5 minutes prior to eating.

## Handling & Storage

Choose symmetrical watermelons with dried stems and yellowish undersides. The melon should be heavy for its size.

Store whole watermelons at room temperature. Once cut, refrigerate watermelon in airtight containers and use within 5 days.

# Nutritional Information

**Calories:** 234

**Total Fat:** 0.3 g

**Saturated Fat:** 0.2 g

**Trans Fat:** 0.0 g

**Cholesterol:** 2 mg

**Sodium:** 5 mg

**Total Carbohydrates:** 60.9 g

**Dietary Fiber:** 2.9 g

**Sugars:** 55.5 g

**Protein:** 1.2 g

*Serves: 4*