



## Spring Recipe III

### Strawberry Sorbet

Makes 4 to 6 servings or 3 to 4½ cups

*Pretty light pink and luscious, the wine keeps the ice crystals from forming, yielding a silky texture.*

2 pints strawberries, 4 cups or 1¼ pounds, hulled; or 2 10-ounce packages frozen unsweetened strawberries (yields 2 cups soft/thawed berries including juice)  
¾ cup brown rice syrup  
1 tablespoon lemon juice  
¼ cup light white wine  
Mint sprigs for garnish

1. In the food processor, purée ingredients until smooth. Pour mixture into a freezer-proof container. Cover to freeze until set, at least 8 hours.
2. Take sorbet out of refrigerator to thaw for about 15 minutes. Break sorbet in 1- or 2-inch chunks with a fork or spoon and purée in food processor until smooth.
3. Return to container and freeze until mixture sets up to desired texture, at least 4 hours in a shallow container. Garnish to serve. If mixture becomes too hard, simply reprocess a few hours before serving.

For 6 servings per serving:

Calories: 175 Protein: 1g Saturated Fat: 0g Fiber: 3g Carbohydrate: 40g Fat: 1g

Cholesterol: 0 Sodium: 7mg

Calories from Protein: 2% Calories from Fat: 6% Calories from Carbohydrate: 92%