

Tangy Cherry Tea Sorbet

A light, refreshing dessert or palate cleanser.

Ingredients

- 4 teaspoons artificially sweetened dry ice tea mix
- 1 1/4 cups water
- 2 tablespoons lemon juice
- 3 cups frozen tart cherries

Directions

1. Combine dry tea mix with water and lemon juice, stirring until completely dissolved. Place half of tea mixture in blender container or food processor. Add half of frozen cherries. Process until almost smooth. Repeat with remaining tea and cherries.
2. Serve immediately. Freeze any remaining sorbet. When ready to serve frozen sorbet, place pieces of sorbet in blender or food processor; process to soften.

Makes about 3 cups.

Nutrition Info

Nutrition Facts per serving: 31 cal., 0 g total fat (0 g sat. fat), 7 g carbo., 0 mg chol., 1 g pro., 1 g fiber, 16 mg sodium. Daily RDA values: 8% vit. A, 6% vit. C, 2% calcium, 2% iron.

Used with permission from www.ChooseCherries.com