

Strawberry Sherbet

This cool fruity dessert is refreshing on a hot day. One portion counts as a Canada's Food Guide serving of Vegetables and Fruit. It's a Choose Sometimes recipe according to the Alberta Nutrition Guidelines because of the added sugar.



Ingredients:

1 packet	Unflavoured gelatin	7 g
1 cup	Orange juice	250 mL
2 Tbsp	Freshly squeezed lemon juice	30 mL
¼ cup	Sugar	60 mL
2 tsp	Lemon peel, grated	10 mL
1 ½ cup	Frozen strawberries, unsweetened	375 mL
½ cup	Canned, crushed pineapple, drained	125 mL

Directions:

1. In a saucepan, soften gelatin in orange and lemon juices. Add sugar and lemon peel.
2. Stir over low heat until gelatin and sugar are dissolved. Transfer to a bowl and cool.
3. Once cooled, stir in strawberries and pineapple. Freeze until mixture is firm.
4. Once firm, remove from freezer and beat with an electric mixer until mushy consistency. Freeze again until firm, approximately 4 hours.

Makes 6 servings (125 mL/ ½ cup/ 114 g)

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Nutrition Facts	
Per 1/6 of recipe (125 mL/ ½ cup/ 114 g)	
Amount	% Daily Value
Calories 80	
Fat 0 g	0 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 1 g	4 %
Sugars 15 g	
Protein 2 g	
Vitamin A	2 %
Vitamin C	60 %
Calcium	2 %
Iron	4 %

Nutrient Claim	Amount per serving
Fat free	0 g
Saturated fat free	0 g
Sodium free	0 mg
Low in potassium	168 mg
Source of magnesium	13 mg
Source of folate	27 mcg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	0

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Special equipment needed:

- Electric mixer