

Cherry Sorbet

Serves 4

1 ¾ cups (400g) frozen pitted cherries

2 tbsp. honey

1 tbsp. lemon juice

4 tbsp. vanilla soy yogurt (e.g. Alpro)

4 tbsp. water

mint leaves, to serve

What you need to do

1. Blitz the frozen cherries in a food processor or high speed blender with the honey, 1 tbsp. of lemon juice, 4 tbsp. of yogurt and 4 tbsp. of water until smooth.
2. Spoon into a freezer-proof container then freeze for 1 hour.
3. Scoop out the sorbet into serving glasses, top with mint and serve immediately.
4. The ingredients will make approx. 8 scoops of sorbet (2 per serving).

GF	DF	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	1 hr	109	1	24	2

*Nutrition per serving

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