

Blueberry Sorbet

And a huge 14 OZ serving has:

Calories 70 Fat 1g Fiber 4g Carbs 17g

What you'll need:

- ¾ Cup Ocean Spray Cranberry Spray (the 5 calorie per 8 oz kind)
- 1 Pac of sugar substitute (Equal, Splenda – your favorite...)
- 1 Cup blueberries, washed and frozen overnight in a baggie
(Or ½ of a one pound bag of frozen blueberries)
- ½ Cup fresh blueberries (Optional)

A blender

Let's get to cooking!

1. Pour ¾ cup Cranberry Spray into your blender.
2. Add sugar substitute.
3. Gradually add, while blending on low/med, the 1 cup of frozen blueberries until the mixture gets thick. (Sometimes it takes less than a cup for it to get very thick, sometimes more – use your own judgment.) Blend till a spoon stands firm in the blender.
4. Take fresh (optional) blueberries and fold in with a spoon. Pour into a serving bowl and dig in! This makes enough for two but I usually eat it all myself. HA!

MEMORY TIME: Do you remember, when you were a kid, and you drank Welch's Grape Juice and absolutely hated when you got to the end of your glass, licking your lips the whole time. Welch's tasted so good and made my mouth water long after I finished drinking it. I wanted to lick the glass. WELL, this is a very similar experience – except it is frozen SO TASTES EVEN BETTER!!!! Of all of my sorbets, this might be top of the class! You simply must try it once. Blueberries can be expensive, but for a special occasion, this is to die for!

NOTE: This does not freeze well and is best eaten as soon as you make it, which is fine with me. I can't wait once I've made it.

OPTIONAL

You can add anything to a sorbet as a topping but this is so scrumptious with nothing on it – I don't usually top it with anything.

But if you must, fruit of any kind is a great topping – but try this one without first.

My love of frozen treats inspired this
Kitty's Lighter Weigh recipe!