

Frozen Fruit Sorbet



Pictured is Peach Sorbet topped with blueberries.

Totals are for this entire recipe:

Calories 80 Fat 1g Fiber 3g Carbs 20g

What you'll need:

- 1 Cup Ocean Spray cranberry spray (5 calories per 8 ounce serving)
- 1 Cup frozen fruit chunks. You can use strawberries, blueberries – just about any fresh, frozen or canned fruit as long as NO sugar has been added. For the recipe pictured I used canned peaches that I, drained, chopped up, put in a baggy and froze overnight.
- 1 Teaspoon Vanilla Extract
- 1 Sugar substitute packet(s) to taste
- ¼ Cup fresh berries or fruit of your choosing to use as a topping

Blender

Let's get to cooking!

1. Pour cranberry spray into your blender.
2. Add ½ cup frozen fruit and vanilla and blend until creamy.
3. Gradually add frozen fruit until the mixture gets thick.
4. Blend in sugar substitute to taste. Start with one packet.
5. Blend, adding remaining frozen fruit, till a spoon stands upright in the blender.
6. Pour into a large glass (or 2 smaller glasses), top with fresh fruit and enjoy!

NOTE: This recipe works with all combinations of fruit – so be creative!

My love of sherbet inspired this **Kitty's Lighter Weigh** recipe!