

Peach Sorbet

And a huge 16 OZ serving has:

Calories 75 Fat 0g Fiber 3g Carbs 20g

What you'll need:

- 1 Cup Ocean Spray Cranberry Spray (the 5 calorie per 8 ounce kind)
- 1 Packet of sugar substitute (Equal, Splenda – your favorite...)
- 1 Cup sliced peaches, frozen overnight in a baggie (Fresh is best but an easy substitute is ½ of a one pound bag of frozen peach slices from the grocery.)
- ½ Cup fresh chopped and chilled peach chunks (Optional)

A blender

Let's get to cooking!

1. Pour one cup Cranberry Spray into your blender.
2. Add sugar substitute. (start with 1 pack and add more if you need it)
3. Gradually add, while blending, the 1 cup of whole frozen peach slices until the mixture gets thick. Blend till a spoon stands upright in the blender.
4. Take chopped peach chunks 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!

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 be the best judge here. You can add anything to a sorbet but this is so scrumptious with nothing on it – I don't usually top it with anything – and that means less calories, but if you must...

You can add 1/3 cup All Bran bran buds and give it a real crunchiness. The Bran Buds don't lose their crunch for a long time so no soggy stuff here.

Granola is very good, too, but keep up with the calories, fat and carbs. You add enough toppings you have defeated the purpose of eating a giant bowl of sorbet – lite!

And don't forget that fruit of any kind is a great topping! Blueberries can knock this out of the park!

Wanting to eat a giant portion of frozen dessert inspired this
Kitty's Lighter Weigh recipe.