

## Strawberry 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
- 1 Packet of sugar substitute (Equal, Splenda – your favorite...)
- 1 Cup strawberries, washed with the tops chopped off and frozen overnight in a baggie.  
(Or ½ of a one pound bag of frozen strawberries)
- ½ Cup fresh chopped and chilled strawberries (Optional)

A blender

***Let's get to cooking!***

1. Pour one cup Cranberry Spray into your blender.
2. Add sugar substitute.
3. Gradually add, while blending, the 1 cup of whole frozen strawberries until the mixture gets thick. Blend till a spoon stands upright in the blender.
4. Take chopped strawberries 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.

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

Another **Kitty's Lighter Weigh** recipe!