

Strawberry Banana Sorbet

This sorbet packs a burst of fresh strawberry and banana flavor in every bite. The consistency of a sorbet should be very smooth, not chunky, so using an electric mixer in Step 3 is critical to provide smoothness and fluffiness.

1 pound frozen unsweetened strawberries
2 ripe medium bananas, peeled
One 16 ounce container plain low-fat yogurt
1 tablespoon sugar

DIETARY EXCHANGES:

1 Fruit

NUTRIENTS PER SERVING:

Cal.: 68	Cal. from Fat: 8
Total Fat: 1 g	Sat. Fat: 0 g
Carb.: 14 g	Protein: 3 g
Chol.: 4 mg	Sodium: 33 mg
Fiber: 1 g	

1. Puree the strawberries and bananas in a blender or food processor. Blend until smooth. Add the yogurt and sugar. Blend until smooth.
2. Pour into an 8 inch square pan. Freeze for 2 to 3 hours, or until firm. Break the frozen mixture into chunks and place in a chilled mixer bowl.
3. Beat with an electric mixer on medium speed until fluffy. Return to the pan; cover and freeze for at least 6 hours, or until firm.

5 cups (10 servings)

Source: The New Family Cookbook for People with Diabetes

