




beauty foods™


Berry Orange Sorbet

Yummy raspberries or blackberries, mixed with summer fruits create this tantalizing summer treat

Product Used In This Recipe:
[Vanilla Dream Beauty Blend](#)



6+ hrs 

2 servings 

88 cal 

Ingredients:

- ½ cups water
- 1-2 tsp stevia
- 2 packets Vanilla Dream
- 1/2 cups fresh or thawed raspberries or blackberries
- ¼ cup orange juice
- 1 tblsp lemon juice
- 1 orange, sliced in half horizontally with all pulp removed

Directions:

In a small saucepan, combine the water, stevia, and Vanilla Dream. Bring the liquid to a simmer and continue simmering it for about 3 minutes, whisking continuously, until the stevia and Vanilla Dream dissolve. Remove the pan from the heat and let the syrup cool.

Put the berries in a food processor and puree them for 30 seconds. Strain the puree to remove the seeds if you so choose.

Stir together the cooked syrup, the orange and lemon juices, and the berry puree. Pour into a freezable container and place in the freezer for 6hrs or more. When serving, transfer the sorbet to the food processor and pulse in short bursts for a smoother texture. Scoop into the empty orange halves and refreeze for at least 30min.

Nutrition Facts:

Calories 88, calories from fat 2, cholesterol 0mg, sodium 3mg, sugar 9.4g, protein 0.6g