

# Refreshing Sorbet Recipes!

## Raspberry Sorbet

*Makes about 4 cups (½ cup per serving)*

### **Ingredients**

- ½ cup granulated sugar
- ¼ cup water
- 12 ounces fresh raspberries
- ½ cup water

### **Directions**

1. In a saucepan over medium heat, combine the water and sugar and bring to a boil.
2. Cook for about 5 minutes, remove it from the heat and then let it cool completely.
3. In another saucepan over medium heat, heat the raspberries with the water and let them boil for about 10 minutes. Let them cool completely.
4. Place cooked and cooled raspberries, in a blender or food processor mix until smooth. Strain the juice through a fine-mesh sieve.
5. Pour in the cooled simple syrup and pulse to mix.
6. Chill the mixture in the fridge for 2–3 hours (or overnight).
7. Pour the mixture in a Pyrex or stainless steel 9x13 pan and freeze for 30 minutes. The edges should start freezing.
8. Using a handheld electric mixer, beat the sorbet for 1 minute, until smooth.
9. Return to the freezer for another 30 minutes and beat again as before. Repeat this step 4–5 times until the sorbet is firm. If at any point the sorbet is too hard to beat, place it in the refrigerator until it softens.
10. Serve right away or transfer the sorbet to an airtight freezer-safe container.

### **Nutrition per Serving**

Calories 93, fat 0 g, carbs 20.2 g, sugar 15.6 g

Protein 0 g, sodium 1 mg

# Coffee Granita

This chilled coffee drink is perfect to serve at a summer brunch.

*Makes about 4 cups (½ cup per serving)*

## **Ingredients**

- ½ cup granulated sugar
- 2 cups strongly brewed coffee
- ½ cup coffee liqueur

## **Directions**

1. Combine the granulated sugar and coffee in a saucepan over medium-low heat.
2. Mix until the sugar is dissolved, but do not allow the mixture to boil.
3. Add the coffee liqueur and bring the whole mixture to a boil.
4. Cook for about 5 minutes, and then set it aside to cool for about 15 minutes.
5. Transfer the mixture into a freezer-safe container and let it freeze for 1 hour.
6. Using a fork, scrape and loosen the whole mixture and put it back in the freezer.
7. Repeat the same step every hour for the next 3 hours, or until the mix becomes a crystallized slush.
8. Serve in chilled glasses and enjoy.

## **Nutrition per Serving**

Calories 212, fat 0.1 g, carbs 41.3 g, sugar 41.2 g

Protein 0 g, sodium 4 mg

# Orange Slushie

Keep it simple with this chilly and refreshing summer classic.

*Makes about 4 cups (½ cup per serving)*

## ***Ingredients***

- 4 cups ice cubes
- 3 oranges, peeled and diced
- 2–3 tablespoons water
- 2 tablespoons agave syrup

## ***Directions***

1. In a high-speed blender or food processor, combine the ice cubes with the orange pieces and pulse until only small chunks remain.
2. Add the water and agave syrup and blitz again until well mixed.
3. Serve in chilled glasses and enjoy.

## ***Nutrition per Serving***

Calories 97, fat 0.2 g, carbs 24.6 g, sugar 12.9 g

Protein 1.3 g, sodium 7 mg

# Fruity Shaved Ice

*Makes about 4 cups (½ cup per serving)*

## **Ingredients**

- 1 ½ cup fresh or frozen fruit
- 2 tablespoons lemon juice
- 1 cup water
- 1 cup granulated sugar
- 4 cups crushed ice

## **Directions**

1. In a saucepan over medium heat, combine the fruit, lemon juice, water, and sugar.
2. Bring the whole mixture to a boil and let it cook for 2–3 minutes.
3. Transfer the whole mixture into a blender or food processor, and process until a fine purée form.
4. Strain the whole mixture through a fine-mesh sieve and cover with plastic wrap.
5. Let the syrup cool completely before serving (a minimum of 4 hours in the fridge or overnight).
6. Put the shaved ice in serving cups and pour some of the fruit syrup on top of the ice.
7. Serve immediately and enjoy.

## **Nutrition per Serving**

Calories 106, fat 0 g, carbs 28.1 g, sugar 27.3 g

Protein 0 g, sodium 2 mg

# Strawberry Mango Pops

Surprise the kids with these healthy ice pops made at home!

*Makes about 6 pops*

## **Ingredients**

- 3 cups mango purée
- 1 ½ cups strawberries, hulled and sliced
- 2 tablespoons honey

## **Directions**

1. Stir the strawberries and honey into the mango purée.
2. Spoon the mixture into ice pop molds and add sticks or lids.
3. Freeze for 6 hours, and enjoy

## **Nutrition per Serving**

Calories 140, fat 0.6 g, carbs 36.5 g, sugar 30.1 g  
Protein 1.1 g, sodium 4.0 mg

**\*\*All of these recipes and more are found in Louise Davidson's book *Sorbet Cookbook: Homemade Sorbet, Shaved Ice, and Slushie Recipes*. Click [here](#) or on the cover to get a copy!**

