

Citrus - Peach Sorbet

Servings: 8

*2 cups peaches
1 orange, juice of
1 lemon, juice of
1/2 cup sugar, or splenda
3 cups crushed ice
1 orange, zested (optional)
1 lemon, zested (optional)
pineapple mint sprigs, optional*

Combine first 5 ingredients into a food processor & blend till smooth.

Pour into individual petite dishes or store in container for later use to freeze.

Zest the rinds of orange & lemon to garnish serving dish along with mint sprig.

by Jacque' Rudman

Per Serving (excluding unknown items): 85 Calories; trace Fat (1.1% calories from fat); 1g Protein; 23g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Fruit; 1 Other Carbohydrates.