



Citrus Berry Ice

A refreshing treat to beat the summer heat.

Makes 4 servings.

1 cup per serving.

Prep time: 50 minutes

INGREDIENTS

2 tablespoons fresh lemon juice

1 tablespoon sugar

2 oranges, peeled and quartered

2½ cups fresh strawberries

¼ teaspoon cinnamon

PREPARATION

1. Place all ingredients in a blender container and blend until smooth.
2. Pour the mixture into a shallow plastic container and place in the freezer.
3. Stir every 15 minutes until the mixture reaches a sherbet-like thickness. Serve immediately.

Nutrition information per serving: Calories 105, Carbohydrate 27 g, Dietary Fiber 5 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg