

# Lemon Sorbet



**PREPARATION TIME:** 10 minutes

**MAKES:** 8 (1/2 cup) servings

**FREEZE TIME:** 6 hours

**STANDING TIME:** 10 minutes

INGREDIENT	MEASUREMENT	METRIC
boiling water	4 cups	946 grams
SPLENDA® No Calorie Sweetener Granular	1-1/2 cups	36 grams
grated lemon rind	1 tablespoon	6 grams
freshly squeezed lemon juice	2/3 cup	163 grams
shells of lemons (optional)	8	

*Optional Garnish: fresh mint sprigs*

**COMBINE** boiling water and SPLENDA® Granular in a large bowl, stirring until SPLENDA® Granular dissolves; cool slightly. Stir in lemon rind and juice. Pour mixture into a 9-inch square pan; cover and freeze.

**CUT** tops from lemons; remove pulp. Set aside.

**REMOVE** sorbet from freezer; let stand about 10 minutes.

Scrape sorbet surface with a spoon; scoop or spoon sorbet into lemon shells or into small serving dishes. Garnish with fresh mint, if desired.

*Note:* Best if used the day that it is made or within 2 days.

This recipe may be doubled, however, freeze time may vary.

## NUTRITION INFORMATION PER SERVING

**Serving Size:** 1/8 recipe (1/2 cup)

Calories	25	Sodium	0mg
Calories from Fat	0	Total Carbohydrate	6g
Total Fat	0g	Dietary Fiber	0g
Saturated Fat	0g	Sugars	1g
Cholesterol	0mg	Protein	0g

This recipe, when compared to a traditional recipe, has an 84% reduction in calories, an 84% reduction in carbohydrates, and a 99% reduction in sugars!

## DIETARY EXCHANGES

1/2 Starch

