

Raspberry Ice



PREPARATION TIME: 30 minutes

MAKES: 8 (1/2 cup) servings

BAKE TIME: 20 minutes

INGREDIENT	MEASUREMENT	METRIC
frozen unsweetened raspberries, thawed	3 (12-ounce) packages	1020 grams
orange juice	3/4 cup	187 grams
fresh lemon juice	1 tablespoon	15 grams
SPLENDA® No Calorie Sweetener Granular	1 cup	24 grams
grated orange rind	1 tablespoon	6 grams

PROCESS first 4 ingredients in a food processor or blender for 30 seconds, stopping to scrape the sides of the bowl once. Pour mixture through a wire mesh strainer, pressing the back of a spoon against the side of strainer to squeeze out juice. Discard seeds and pulp. Stir in orange rind.

POUR juice mixture into an 8-inch square pan; freeze until firm.

REMOVE from freezer and let stand at room temperature 20 minutes. Using a melon baller scoop the mixture into serving dishes and garnish with orange rind strips.

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: 1/2 cup

Calories	100	Sodium	0mg
Calories from Fat	0	Total Carbohydrate	23g
Total Fat	0g	Dietary Fiber	6g
Saturated Fat	0g	Sugars	7g
Cholesterol	0mg	Protein	1g

This recipe, when compared to a traditional recipe, has a 33% reduction in calories, a 40% reduction in carbohydrates, and a 71% reduction in sugars!

DIETARY EXCHANGES

1-1/2 Fruits

