



WATERMELON SORBET

	Ingredients	Exchanges
Fat	12 gm flaxseed oil	3
Carbohydrate	31.1 gm watermelon, fresh	2.55
Other	1-2 drops liquid saccharin or stevia	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Using a food processor or blender, blend fresh watermelon until smooth.
- Weigh the watermelon puree in a small bowl using a gram scale.
- Whisk oil into the bowl with the watermelon. Add sweetener of choice.
- Pour mixture into a silicone or regular ice cube tray.
- Place in freezer for 1-2 hours.
- Remove the frozen watermelon cubes and place in a food processor.
- Chop the ice until light and smooth.
- Serve chilled.

VARIATIONS

- This recipe can be stored in the freezer for up to 2 months.
- Watermelon can be replaced with other fruits such as orange, pureed strawberry, blackberry, etc.
- Other oils can be used in place of flaxseed oil such as walnut, canola, grapeseed, etc.