



HONEYNEW MELON SORBET

June 8, 2011

Ingredients

$\frac{2}{3}$ cup water

$\frac{2}{3}$ cup sugar substitute*

4 teaspoons lemon juice

1 honeydew melon

**This recipe was tested using sucralose-based sugar substitute.*

Preparation

1. Combine water, sugar substitute and lemon juice in small saucepan; bring to a boil over medium-high heat. Boil 1 minute. Set aside 15 minutes to cool to room temperature.
2. Remove rind and seeds from melon. Cut fruit into pieces. Place melon in food processor or blender; process until smooth. Add sugar substitute mixture; process until combined. Pour into 8-inch square baking pan.
3. Freeze at least 4 hours or overnight. Let stand at room temperature 15 minutes to soften slightly before serving. Scoop into dessert dishes.

Makes 8 servings ($\frac{1}{2}$ cup per serving)

Dietary Exchanges: 1 Fruit

Nutritional Information

Calories 46, Total Fat 0g, Saturated Fat 0g, Protein <1g, Carbohydrate 14g, Cholesterol 0mg, Dietary Fiber 1g, Sodium 23mg

HEALTHY COMMUNITIES HEALTHY PEOPLE PROGRAM

Providing guidance and support to make the "*healthy choice the easy choice.*"



Mary Beth Gurganus, LD/N
Jackson County Health Department
3045 4th Street ~P O Box 310
Marianna, FL 32446

Phone: 850-526-2412 ext 282
Fax: 850-482-9564
E-mail: WellnessBuddy@doh.state.fl.us
Website: www.jacksonchd.org

