



EASY STRAWBERRY-RASPBERRY SORBET

By Dr. Cindy Tanzar
(Standard/Vegan)

This recipe is so refreshing and absolutely delicious. There is no churning involved, so a blender or food processor will work just fine. The result is an intense berry flavor that will easily become a favorite treat. It's a great way to add variety to your fruit serving while enjoying dessert. Don't leave out the MCT oil! It is the key to making it softer and less icy. If you're out of MCT oil, you can substitute with avocado oil - but not coconut oil, as it will solidify.

This recipe provides 4 servings (each about 2/3-3/4 cup) and covers your fruit for one meal per serving.



INGREDIENTS

- 1/2 cup + 1 Tbsp granulated Swerve
- 1/2 cup water
- 3 Tbsp fresh lime juice
- 2 cups fresh or frozen strawberries
- 2 cups fresh or frozen raspberries
- 1 Tbsp MCT oil (or avocado oil)



INSTRUCTIONS

Place the water and Swerve in a small pan. Heat on high heat for 4-5 minutes until syrup-like. Remove from heat, stir in lime juice and cool slightly. (If it sets when cooling, gently heat again until melted.)

Place the berries into a blender or food processor and blend until smooth. (If you don't want seeds in your sorbet, which are negligible, strain the berries through a cheesecloth or fine wire strainer first. I leave them.) Stir the syrup and MCT oil into the berry mixture.

Pour into a nonstick loaf pan, cover with cling and freeze for 3-4 hours or overnight, until fully set. (Using frozen berries requires less time than fresh.) Run the sides of the pan under warm water to remove the sorbet. Cut into chunks and place back into the blender, blending until smooth. You can add 1-2 Tbsp of water, if needed.

Store any used portion in the freezer. You can always blend again to make smooth.