

Recipe for

BERRY SPICE SORBET



SERVES 1

PREP TIME/TOTAL TIME
Approx 5 min/ 10 min

APPROX NUTRITION INFORMATION

Total Calories 220
Fat 2.3 g
Protein 3.4 g
Carbohydrates 41.8 g
Fiber 15 g

INGREDIENTS

- 1 1/2 cup of frozen berries *
- 1/2 inch of ginger root
- 1/2 tsp vanilla
- 1/8 tsp nutmeg
- 1/8 tsp cinnamon
- 1 tbsp of mint leaves (optional)

DIRECTIONS

Place everything in high speed blender, such as Vita mix. Use tamper to press ingredient into the blades. Do not blend too long or contents will liquify.

Total 1 1/2 cup of frozen berries. Choose any three of your favorites between strawberries, raspberries, blueberries, black berries, cherries