

Dessert

Lemon Sorbet

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Preparation Time: 15 minutes

Freezing Time: 4 hours

1 cup sugar

1 cup water

3/4 cup lemon juice

3 tablespoons lemon peel, grated

In a small saucepan over medium heat, cook and stir the sugar and water until the mixture comes to a boil.

Reduce heat and simmer, uncovered, for 2 minutes.

Remove from the heat.

Cool to room temperature.

Stir in the lemon juice and lemon peel.

Freeze in an ice cream freezer according to manufacturers directions.

Transfer to a freezer container.

Freeze for at least 4 hours before serving.

Yield: 2 cups

Per Serving (excluding unknown items): 831 Calories; trace Fat (0.0% calories from fat); 1g Protein; 218g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 1 1/2 Fruit; 13 1/2 Other Carbohydrates.