

**Dessert**

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# Mint Julep Sorbet

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**Servings: 6**

**Preparation Time: 10 minutes**

**Freezing Time: 8 hours**

**1/4 cup fresh mint leaves**

**1 cup water**

**1 cup sugar**

**3 tablespoons frozen limeade concentrate**

**1/4 cup bourbon**

**fresh mint (optional)**

In a blender, combine the mint, water, sugar and limeade concentrate.

Cover and blend until evenly combined and the mint is finely chopped.

Place the blended mixture into a saucepan and bring to boiling, stirring to dissolve the sugar completely.

Remove from the heat.

Stir in the bourbon until well combined.

Pour the mixture into a shallow dish and freeze overnight or until completely frozen.

Scoop to serve.

Garnish with fresh mint, if desired.

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Per Serving (excluding unknown items): 154 Calories; 0g Fat (0.0% calories from fat); trace Protein; 34g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Vegetable; 2 Other Carbohydrates.