

Dessert

Watermelon Sorbet

Better Homes and Gardens Garden Fresh Recipes - July 2011

Servings: 8

Preparation Time: 2 minutes

Freezing Time: 8 hours

4 cups watermelon, cubed and seeded

1/2 cup sugar

1/3 cup cranberry juice

1 envelope unflavored gelatin

Place the watermelon cubes in a food processor or blender. Cover and process or blend until smooth. (You should have three cups of puree'd watermelon).

Stir in the sugar.

In a small saucepan, combine the cranberry juice and gelatin. Let the mixture stand for 5 minutes. Stir the mixture over low heat until the gelatin is dissolved.

Stir the gelatin mixture into the melon mixture.

Pour into an 8x8x2-inch pan.

Cover and freeze for about 2 hours or until firm.

Break up the frozen mixture and place in a large chilled mixing bowl.

Beat with an electric mixer on medium to high speed until the mixture is light colored and fluffy. Return to the pan.

Cover and freeze for 6 hours or until firm.

Per Serving (excluding unknown items): 119 Calories; trace Fat (2.5% calories from fat); 1g Protein; 29g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 29mg Sodium. Exchanges: 1/2 Fruit; 1 1/2 Other Carbohydrates.