



# CREAMY ORANGE LEMON MINT SHERBET

BY CHEF STEPHANIE TUCCI

VEGAN/  
DAIRY-FREE/  
GLUTEN-FREE  
YIELDS 8 SERVINGS

This light treat is an excellent way to end a meal as it's not too sweet. With the addition of mint it's also refreshing, and it works as a great palate cleanser! This is a handy recipe for those that don't have an ice cream machine, because it works well with or without one.

## Nutrition Facts\*

Calories	80cal
Protein	0g
Total Fat (0g trans fat)	3g
Carbohydrates	13g
Sugar	11g
Sodium	11mg

does not include toppings (fresh berries and mint)

## Nutritionist Approved

A great alternative to a high-calorie, high-sugar dessert. This citrus dessert is free of white sugar, is sweetened with maple syrup and infused with the benefits of mint. Rest assured that this treat is completely dairy-free with the addition of coconut milk, a healthy fat that makes it super smooth and delicious.

\*This nutrition information is provided as an estimate only, and individual results may vary due to natural fluctuations in fresh produce or with product choices.

## INGREDIENTS

- |                     |                         |
|---------------------|-------------------------|
| 1 can coconut milk  | 2 tbsp. chopped mint    |
| 350 ml orange juice | Pinch of sea salt       |
| Zest of 1 orange    |                         |
| 2 tbsp. lemon juice | <b>Toppings</b>         |
| Zest of 1 lemon     | Fresh berries of choice |
| ¼ cup maple syrup   | Fresh mint leaves       |

## METHOD

- 1 Whisk all ingredients together, then either pour into your ice cream maker or pour into a deep baking dish and allow to set in the freezer for approx 4 hours.
- 2 If using the deep baking dish method, every 15 minutes for the first hour, it is recommended to stir the mixture with a fork to help prevent it from getting too icy and keep it creamy.
- 3 When ready to serve, top with fresh berries and mint leaves.

