



Healthdor

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Berry Berry Extraordinary Sorbet ♦♦

This refreshing sorbet is bursting with the flavors of various berries. It is a vegan recipe that can be enjoyed by everyone. The sorbet is made by blending together a mixture of berries, sugar, and lemon juice, and then freezing it until it reaches the perfect consistency. It is a great dessert option for hot summer days or any time you want a sweet and tangy treat.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

200 g	Strawberries
150 g	blueberries
100 g	Raspberries
100 g	sugar

50 ml lemon juice

Directions

Step 1

Preparation

Wash the berries thoroughly and remove any stems or leaves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

Place the berries, sugar, and lemon juice in a blender or food processor.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Blending

Blend until smooth and well combined.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Freezing

Pour the mixture into a shallow dish or ice cream maker and freeze for at least 4 hours or until firm.

Prep Time: 0 mins

Cook Time: 127 mins

Step 5

Serving

Serve the sorbet in bowls or cones and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 13 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	13 g	23.64%	26%
Fibers	3 g	7.89%	12%
Sugars	9 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	40 mg	44.44%	53.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	4 mg	0.12%	0.15%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer

Fall

Events

Christmas

Cuisines

Italian

Course

Desserts

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Meal Type

Snack

Supper

Difficulty Level

Easy

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