



Raspberry Sorbet

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3 cups fresh or frozen raspberries
Juice of 1 small orange

Juice of 1 lime
1 c sugar

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Place all the ingredients in a blend or food processor and process to a puree. Do not strain. Pour into an ice cream maker or container and freeze.

Yield: 6 servings

Nutrition Information: 120 Calories, 0 gm fat, 0 gm saturated fat, 0 gm trans fat, 0mg cholesterol, 35 gm carbohydrate, 4 gm fiber, 1 gm protein, 0 gm sodium

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**William K. Nasser, MD 19th Annual Dining A La Heart Fundraiser Event
to benefit THE REVIVING HEART PROGRAM**