



## Cantaloupe-Lime Sorbet

Recipe courtesy of The American Heart Association



**Servings:** 4

**Serving Size:** ½ cup

### Ingredients

- 3 cups cantaloupe (1-inch chunks)
- 1 small banana, sliced
- 1 tsp. grated lime zest
- 2 Tbs. fresh lime juice
- 1 tsp. stevia sweetener -OR- 2 stevia packets
- 1 squeeze lemon-lime flavored stevia water enhancer
- 4 sprigs fresh mint
- 4 slices fresh lime

### Nutrition Facts | 65 Calories Per Serving

Total Fat . . . . .	0.5 g
Saturated Fat . . . . .	0.0 g
Trans Fat . . . . .	0.0 g
Polyunsaturated Fat . . . . .	0.0 g
Monounsaturated Fat . . . . .	0.0 g
Cholesterol . . . . .	0 mg
Sodium . . . . .	20 mg
Total Carbohydrate . . . . .	16 g
Dietary Fiber . . . . .	2 g
Sugars . . . . .	12 g
Added Sugars. . . . .	0 g
Protein . . . . .	1 g

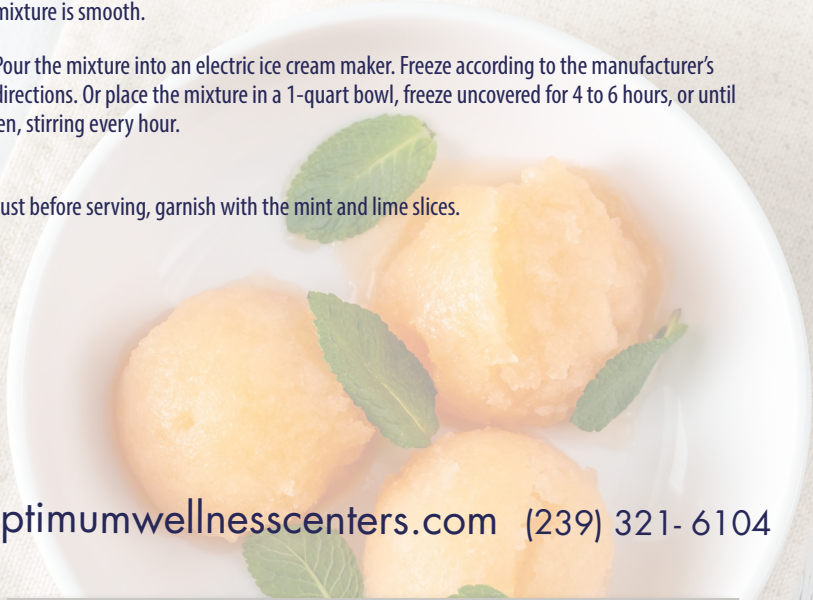
### Dietary Exchanges

1 fruit

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### Directions

- 1** In a food processor or blender, process the cantaloupe, banana, lime zest, and lime juice for 1 to 2 minutes, or until the mixture is smooth, scraping the sides as needed.
- 2** Add the stevia sweetener and stevia water enhancer. Process for 15 to 20 seconds, or until the mixture is smooth.
- 3** Pour the mixture into an electric ice cream maker. Freeze according to the manufacturer's directions. Or place the mixture in a 1-quart bowl, freeze uncovered for 4 to 6 hours, or until frozen, stirring every hour.
- 4** Just before serving, garnish with the mint and lime slices.



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