

# Farm Market Recipe

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## Cherry Sorbet

### Ingredients:

- 4 cups pitted sour or sweet cherries, fresh or frozen (not thawed, see Tips)
- 1 cup water
- 2-4 tablespoons confectioners' sugar or superfine sugar

### Directions:

1. Puree cherries, water and sugar to taste in a blender until smooth. Strain through a fine sieve, pressing on the solids to extract as much liquid as possible. (Discard solids.) Process in an ice cream maker according to the manufacturer's directions until firm and slushy. Transfer to an airtight container and freeze until ready to serve.

### Make Ahead Tip:

Freeze in an airtight container for up to 1 week.

Tips: To pit fresh cherries, use a tool made for the job – a hand-held cherry pitter; it also works for olives! Or pry out the pit with the tip of a knife or vegetable peeler.

No ice cream maker? Pour the strained mixture into a 9-by-13-inch baking pan and place the pan on a level surface in your freezer. Freeze, stirring and scraping with a fork every 30 minutes, moving the frozen edges in toward the center and crushing any lumps, until firm and slushy, 2½ to 3 hours.

### Nutrition Facts:

Servings: 8 Serving Size: ½ cup

Per Serving: calories 46; protein 1g; carbohydrates 11g; dietary fiber 1g; total sugars 8g; added sugars 2g; total fat 0g; saturated fat 0g; vitamin A 994IU; vitamin C 8mg; folate 6mcg; sodium 3mg; calcium 13mg; iron 0mg; magnesium 7mg; potassium 134mg.

*Recipe from Eatingwell*