



Tawil Physical Therapy
& Sports Performance

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 Fiber2 g
Sugars	12 g
Added Sugars	0 g
Protein1 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 very hour.
- 4 Just before serving, garnish with the mint and lime slices.



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