

# Watermelon Sherbet

## Ingredients:

Makes 6 servings

(1/2 cup = 1 serving)

- 3 cups Seedless Watermelon, Cubed and Frozen
- 1/2 cup Vanilla Yogurt

Recipe Credit: <https://www.fivehearthome.com/2-ingredient-watermelon-sherbet/>

Photo Credit: <https://www.taste.com.au/>



## Method:

1. Add half of frozen watermelon cubes to a food processor and process until watermelon breaks down and becomes grainy.
2. Add half the yogurt and process until the mixture becomes smooth and creamy.
3. Scoop the sherbet into a separate container and repeat with the remaining ingredients.
4. Can serve immediately for a soft-serve consistency or freeze for 1 hour for a firmer consistency.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1/2 Cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>40</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 8g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 1g	<b>2%</b>
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0mg	0%
Potassium 130mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Tips on Watermelon

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**How To Store:**  
Store on countertop.



**How To Use:**  
Use as a flavoring for water, in salads, or enjoy as a healthy snack!



**Health Benefits:**  
Lowers Risk of Heart Disease, Diabetes, & Cancers; Promotes Healthy Aging.

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