



Recipe: Bubbly Berries in Lemon-Lime and Mint Syrup with Lemon Sorbet



Makes 4 servings

3 1/4 cups Minute Maid® Lemonade
2 cups Sprite®
1 cup blackberries, fresh
3/4 cup blueberries, fresh
1 cup raspberries, fresh
1 cup strawberries, fresh, quartered
1 1/2 cups mint leaves, fresh, cleaned, trimmed

Method:

1. Make sorbet by placing lemonade in a saucepan over medium-high heat and reducing to 1 2/3 cups, about 20-25 minutes. Cool and chill well. Place in an ice cream machine and process according to manufacturer's instructions. When partially frozen scrape into a chilled metal bowl and freeze for several hours or overnight.
2. Place the soda in a saucepan over medium-high heat and reduce to 3/4 cup, about 15 minutes. Cool slightly and add the berries and half of the mint leaves. Cover, cool completely, and chill for several hours or overnight.
3. Ladle berries and syrup into chilled serving bowls. Top with sorbet and garnish with mint leaves.

Nutritional Analysis:

Serving size: 7/8 cup berries, 3 tablespoons syrup, 1/3 cup sorbet

Cal: 183

Protein: 1g

Fat: 1g

Carb: 49g

Sodium: 77mg

Chol: 0mg

Sugar: 42g