

# Berry Sorbet



Serves 10

76 Cals each serve

1kg packet of Mixed Berries

$\frac{3}{4}$  cup of lime juice

$\frac{1}{4}$  cup of rice malt syrup

Place berries in a saucepan with the lime juice.

Cook until berries are soft and falling apart.

Pass berries through sieve to remove seeds.

Add rice malt syrup to berry juice and mix well

Freeze for approx. 2 hours then blend/beat and return to freezer for further 6hrs or overnight.

Remove from freezer 5 mins before serving to soften slightly.