

LYONS
THICK
& EASY®

Watermelon Lime Sorbet



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IDDSI LEVELS **4**

INGREDIENTS

	1 Serving	6 Servings	12 Servings
Seedless Watermelon, diced	3/4 cup	4 1/2 cups	2 quarts + 1 cup
Water	1 Tbsp	1/3 cup + 1 Tbsp	3/4 cup
Sugar	2 1/2 tsp	2 1/2 Tbsp	1/4 cup + 1 Tbsp
Lime juice	2 tsp	2 Tbsp	1/4 cup
THICK & EASY® Instant Food Thickener Item: 007941	1 Tbsp	1/3 cup + 1 Tbsp	3/4 cup

NOTE: May also be suitable for Levels 5 & 6

NUTRITION

Serving Size:
1 – #10 scoop (scant 1/2 cup)

Calories: 90

Total Fat: 0g

Saturated Fat: 0g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 10mg

Total Carbs: 24g

Dietary Fiber: 0g

Total Sugars: 18g

Added Sugars: 10g

Protein: 1g

Potassium: 140mg

Calcium: 0% DV

Iron: 0% DV

Vitamin D: 0% DV

DIRECTIONS

1. Combine sugar and water in a saucepan or microwave safe container. Bring to broil and stir until sugar is dissolved.
2. Remove any white seeds from watermelon and puree until smooth.
3. Add sugar/water mixture and lime juice; blend well.
4. Add **THICK & EASY® Instant Food Thickener** and blend until mixture starts to thicken and powder is dissolved.
5. Pour into a bowl or shallow pan. Cover and freeze.
6. When ready to serve, remove sorbet from freezer and allow to thaw until slightly slushy. Sorbet may also be shaved with a spoon or fork until soft enough to scoop.
7. Portion one #10 scoop (scant 1/2 cup) sorbet per serving.

PREPARATION OPTIONS

- **THICK & EASY® Clear Instant Food & Beverage Thickener** may be used in place of Instant Food & Beverage Thickener. Use 2 scoops **THICK & EASY® Clear Instant Food & Beverage Thickener** for each serving prepared.
- Sorbet mixture can also be used to make popsicles.