

Desserts

Black Cherry Sorbet

Jonathan Lien

Serves: 4

Preparation Time: 10 minutes

Ingredients:

3 cups frozen sweet black cherries
1 cup vanilla soy, hemp or almond milk
1 frozen ripe banana*
1/2 cup walnuts
3 medjool dates, pitted

Instructions:

Blend all ingredients in high powered blender.

* Freeze peeled ripe bananas in a plastic bag at least 12 hours in advance.

Per Serving:

CALORIES 258; PROTEIN 6g; CARBOHYDRATES 39g; TOTAL FAT 11.2g; SATURATED FAT 1.2g; SODIUM 33mg; FIBER 5.1g; BETA-CAROTENE 633ug; VITAMIN C 5mg; CALCIUM 58mg; IRON 1.7mg; FOLATE 40ug; MAGNESIUM 67mg; ZINC 0.8mg; SELENIUM 4ug

Dr. Fuhrman 

