

Cucumber Lime Sorbet



Sorbets are traditionally served between courses during a meal to cleanse the palette. The clean, refreshing taste of this sorbet is perfect in this role. It also make a great treat after a meal or as a snack.

Timing

Prep time
10 mins

Total time
40 mins

Skill level
Easy

What You'll Need

- > 2 cucumbers, peeled
- > 3 tbsp lime juice
- > 2 tsp grated fresh ginger peeled
- > 1/2 cup granulated organic sugar (or sweetener of choice)
- > 1/2 tsp sea salt or table salt

Directions

1. Peel cucumbers. Cut into pieces and place in a food processor with the lime juice, ginger, sugar and sea salt. Process until mixture is smooth. Chill.
2. Place in an ice cream machine and follow the instructions for the machine to churn the sorbet. Once it is churned, transfer to a plastic container with a lid and freeze.
3. When ready to serve, remove from the freezer for 5-10 minutes and scoop into serving dishes.

Tip: A sorbet is traditionally served between courses to cleanse the palette and this recipe is perfect for this purpose. This sorbet also makes a delicious snack on a hot summer day.

Note: Artificial sweeteners will not work well in the recipe.