

Green Goddess Sorbet

by Tarla Dalal



Ingredients

- 2 cups **grapes**
- 1 tsp **ginger (adrak) juice**
- 2 tsp **lemon juice**
- 1 tsp **sugar substitute**

For the garnish

a few **mint leaves (phudina)**

Method

1. Combine all the ingredients with 1 cup water and blend in a mixer to get a smooth purée.
2. Transfer into on a shallow container. Cover and freeze for 4 to 6 hours.
3. Scrape out using a fork and serve chilled in small individual glasses.

Tips

1. Variation 1 : Black Grape and Banana Sorbet

2. Blend 2½ cups deseeded black grapes, 1 cup finely chopped banana and ¼ tsp lemon juice to a smooth purée and proceed as per step 2 and 3.
3. Variation 2 : Minty Lemon Sorbet
4. Combine 6 tbsp mint juice, 2 tbsp lemon juice, ¼ cup stewed apple purée and 3 tbsp sugar substitute with 2 cups of water and blend. Proceed as per step
5. Variation 3 : Strawberry Watermelon Sorbet
6. Blend 4 cups deseeded and chopped watermelon and 1½ cups halved strawberries to a smooth purée and proceed as per step 2 and 3.

Nutrient values per glass

Energy	Fat
68 cal.	0.3 gm.