

## **Cantaloupe Sorbet**

Servings: Makes about fourteen 1/2-cup servings

### **Ingredients**

3/4 cup granulated sugar

3/4 cup water

2-1/2 pounds cantaloupe cubes

2/3 cup tangerine or orange juice

1 tablespoon corn syrup

### **Instructions**

1. Place sugar and water in a 1-1/2 quart saucepan. Bring to a boil over medium high heat, reduce heat to medium and cook until the sugar is completely dissolved to make a simple syrup -- you will have 1 1/4 cups simple syrup. Transfer to a bowl and cool completely.
2. Place the melon cubes in a food processor fitted with the metal "s" blade.
3. Pulse to chop, then process until completely puréed -- you will have about 6 cups cantaloupe purée. Stir in the tangerine juice, corn syrup and cooled simple syrup. Cover and chill for 2 hours or longer.
4. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The sorbet will have a soft, slushy texture, similar to a freshly scooped Italian ice. If a firmer consistency is desired, transfer the sorbet to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

### **Nutritional information per serving:**

Calories 81 (3% from fat) · carb. 20g · pro. 1g · fat 0g · sat. fat 0g · chol. 0mg · sod. 8mg · calc. 10mg · fiber 1g