Cranberry-Orange Banana Sorbet

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes
Yield: 4 servings | Serving Size: ½ cup

Ingredients
2 frozen medium bananas, peeled and sliced before freezing
⅓ cup frozen cranberries
¼ cup (2 ounces) orange juice
¼ cup lowfat (1%) milk
¼ teaspoon grated fresh ginger (or a pinch of ground dried ginger; optional)

Directions
1. Add the bananas, cranberries, orange juice, milk, and ginger (if using) to a blender or food processor.
2. Blend until smooth and creamy, stopping to scrape down the sides as needed.
3. Serve immediately for a soft-serve texture. For a firmer texture, put it in the freezer for 2-3 hours, stirring every 20-30 minutes.

Recipe Notes
- Swap out your favorite fruit combinations. Instead of the cranberries try raspberries, peaches, or strawberries for a different tasty treat.
- Substitute your favorite unsweetened non-dairy milk if desired.