



# Berry-Lime 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

1 cup frozen berries (one type or a combination; e.g. strawberries, blueberries, mixed berries, berry-cherry blend)

¼ cup (2 ounces) 100% cranberry-pomegranate juice

1 lime, zested

¼ teaspoon grated fresh ginger (or 1 pinch ground dried ginger)

## Directions

1. Add the frozen bananas, berries, cranberry-pomegranate juice, lime zest, and ginger to a food processor or high-powered blender.
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

- Blending the frozen bananas will take a few minutes. It will be very loud, similar to adding ice cubes to a blender. Within a few minutes though, you should be seeing a thick, creamy ice-cream-like mixture in the blender.
- Any 100% juice product can be used in this recipe.
- The zested lime will keep in a plastic ziptop bag for up to 7 days in the refrigerator, or up to 3 months in the freezer. Use the juice in other recipes as desired.

Nutrition Facts Per Serving: Calories: 140 | Total Fat: 0.5 g | Saturated Fat: 0 g  
Sodium: 15 mg | Total Carbohydrate: 33 g | Dietary Fiber: 3 g | Protein: 1 g

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



**VA** | U.S. Department  
of Veterans Affairs