

Strawberry Sherbet

Buttermilk gives this sherbet tanginess and complements the fresh sweet strawberries. If you prefer a sweeter result, add a touch more sugar.

8 servings, 1/2 cup each | Active Time: 20 minutes | **Total Time:** 2 hours 50 minutes (including chilling time)

Ingredients

- 2 cups chopped fresh or frozen (not thawed) strawberries , (about 10 ounces), divided
- 1/2 cup sugar
- 2 1/2 cups nonfat or low-fat buttermilk
- 1/2 cup half-and-half
- 2 teaspoons lemon juice
- 1 teaspoon vanilla extract
- Pinch of salt

Preparation

1. Combine 1 cup berries and sugar in a small bowl and let sit, stirring occasionally until the sugar has begun to dissolve, about 10 minutes. Transfer the berry mixture to a food processor or blender and process until smooth.
2. Meanwhile, combine buttermilk, half-and-half, lemon juice, vanilla and salt in a medium bowl. Press the strawberry mixture through a fine-mesh sieve into the bowl. Stir, cover and chill for at least 2 hours or up to 1 day.
3. Whisk the sherbet mixture and pour into the canister of an ice cream maker. Freeze according to manufacturer's directions. During the last 5 minutes of freezing, add the remaining 1 cup chopped berries. If necessary, place the sherbet in the freezer to firm up before serving. (If the sherbet becomes very hard in the freezer, soften it in the refrigerator for about 30 minutes before scooping.)



Nutrition

Per serving : 112 Calories; 2 g Fat; 1 g Sat; 1 g Mono; 7 mg Cholesterol; 21 g Carbohydrates; 4 g Protein; 1 g Fiber; 94 mg Sodium; 86 mg Potassium

Tips & Notes

- **Make Ahead Tip:** Prepare through Step 2 up to 1 day ahead. Freeze sherbet in an airtight container for up to 4 days. | Equipment: Ice cream maker