



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.

Nutrition Facts Per Serving: Calories: 70 | Total Fat: 0 g | Saturated Fat: 0 g
Sodium: 10 mg | Total Carbohydrate: 16 g | Dietary Fiber: 2 g | Protein: 1.5 g

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