



Berry Water Kefir Sorbet

Equipment Needed:

Ice cream machine
Food processor
Measuring cup
Measuring spoons
Spatula or spoon
Plastic container with lid for freezing and storing the sorbet

To Make The Recipe:

1 1/2 cups berries ((any combination of raspberries, strawberries, blueberries, blackberries, cherries))
1/2 cup kefir water
Sugar to taste - 1-2 tbsp organic sugar (or add to taste) such as sucanat, coconut sweetener, palm sugar, maple syrup or honey

Place the berries in the food processor with the water kefir and the sugar. Process until pureed. Scrape the mixture from the food processor and into the ice cream machine. Churn into the ice cream machine until frozen with air incorporated into the mixture. Remove from the machine and place in a plastic container. Place the lid on the container and put in the freezer. Freeze for at least 3 hours or until ready to serve. To serve: Scoop the sorbet from the container and place in a small serving dish.

Low Tech Method:

If you do not have an ice cream machine, then place the sorbet mixture in the plastic container that will be used for freezing. Whisk the mixture. Place the container with the mixture in the freezer for 30 minutes. Then remove from the freezer and whisk again. Place back in the freezer and let it freeze again for 30 minutes. Remove from the freezer and whisk again. Put it back into the freezer and let it freeze for 3 hours. It will then be ready to serve. This method does not incorporate as much air into the mixture as an ice cream machine will do but it will make the mixture lighter than a popsicle.

Cusinart makes a very affordable ice cream machine.