

Herbal Legacy Recipes

Ginger Melon Sorbet

Contributed by Cindy C., Idaho Falls, Idaho

Ingredients:

- 1 Cantaloupe (3 to 3 1/2 pounds) cut into cubes or balls
- 1/4 C Honey
- 1 1/2 Tablespoons freshly squeezed lemon juice
- 2 Tablespoons freshly grated ginger
- 2-3 sprigs of fresh spearmint leaves



Directions:

1. Combine the melon, honey and lemon juice in the blender and puree until smooth.
2. Add the ginger and blend.
3. Place the mixture into an ice cream maker and freeze according to manufacturer's direction.
4. Remove from freezer and allow to thaw a bit and then return to the blender and blend again until smooth.
5. Repeat this process one more time.
6. Serve and garnish with fresh mint leaves.

This is a yummy treat that the store bought kinds can't compare with!

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