



Laura's Recipe Corner

Great Recipes from Laura McKay!

Paleo Lemon Sorbet

<https://www.tasteslovely.com/paleo-lemon-sorbet/>

Ingredients:

Prep Time: 26 hours Cook Time: 10 mins Yield: 1.5 pints, or about 4 cups

- 2 cups water
- 1-1/2 cups fresh squeezed lemon juice (from 8-10 lemons)
- 1/2 cup honey (or more to taste)
- 2 tablespoons lemon zest (from 2 lemons)
- Paleo coconut whipped cream (optional)

Directions:

1. Hours before making, put your ice cream maker tub in the freezer.
2. In a small pot over medium heat, combine the water, honey and lemon zest. Warm until the honey is dissolved. It doesn't have to get hot, just warm.
3. Remove the pot from heat, and add the lemon juice. Stir to combine. Taste for sweetness. Add more honey if desired.
4. Transfer to an airtight container, and refrigerate until cold, 2 hours.
5. Transfer the cold lemon sorbet liquid to your ice cream maker, and freeze according to manufacturers instructions.
6. Spoon to frozen sorbet to a freezer safe container (I use a metal loaf pan), and freeze another 2 hours until frozen solid.
7. If you don't have an ice cream maker, just pour the lemon mixer right into a metal loaf pan and freeze it for 2 hours. Every 20 minutes or so, scrape with with a spoon to get air in to it.
8. Scoop and serve. I love mine topped with my paleo coconut whipped cream!



Notes:

*I've also made this with coconut sugar, but the coconut sugar is such a dark color it makes the sorbet brown instead of yellow. Still tastes great! If using coconut sugar instead of honey, use 1 cup or more to taste.

*To make coconut cream, take a refrigerated 14oz can of full fat canned coconut cream. Whisk in mixer or by hand (will take a little longer) for a couple minutes until peaks form. This is a Day 1 or Day 3 recipe for those following the Bon Appetit Rotation Diet. ~Laura McKay, B.S., Health Educator



Allergy & Environmental Treatment Center, LLC provides quality care to individuals suffering from a variety of debilitating symptoms associated with food, environmental and chemical allergies. We offer state-of-the-art allergy testing and treatment. In addition, we offer general medicine/primary care services. Schedule your visit with us today! Call 480-634-2985.

Edwards Professional Park II
8952 E. Desert Cove Drive
Suite 114
Scottsdale, AZ, 85260
Clinic: (480) 634-2985
info@allergyenvironmental.com