

# Cranberry Sorbet

Mary Caucutt

*The Church of St. Michael and St. George - St. Louis, MO - 1980*

**Yield: 8 to 10 servings**

*2 cups cranberries*

*3 cups water*

*3/4 cup sugar*

*1/2 orange, peeled*

*three tablespoons juice of  
one-half lemon, peeled*

*pinch salt*

In a blender, mix the cranberries, water, sugar, orange, lemon juice and salt. Mix well

Transfer the mixture to a saucepan.

Simmer on the stove for 10 minutes. Cool.

Freeze to a desired consistency.

---

Per Serving (excluding unknown items): 704 Calories; trace Fat (0.6% calories from fat); 1g Protein; 182g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 25mg Sodium. Exchanges: 2 Fruit; 10 Other Carbohydrates.