

HOTMAIL  
TIP:**Use VirusScan  
Before Downloading**

msn

Hotmail

**Hotmail** vbardin@hotmail.com

Inbox

Compose

Addresses

Folders

Options

Help

Folder: Inbox

**From:** LHJ Kitchen <lhjkitchen@lhj.com> [Save Address](#) [Block Sender](#)

Reply-To: lhjkitchen@lhj.com

To: "LHJ Recipe Email" &lt;lhjrecipe@lists.lyris.net&gt;

**Subject: WATERMELON SORBET FROM LHJ**

Date: Fri, 20 Aug 1999 7:39:57

Reply

Reply All

Forward

Delete

Previous

Next

Close

WATERMELON SORBET FROM LHJ ONLINE <http://www.lhj.com>

This slushy, frozen watermelon dessert is pure heaven! If you buy a "seedless" melon, watch out, it may have seeds.

Total prep time: 25 minutes plus chilling and freezing

Degree of difficulty: easy

Low-fat

Low-calorie

6 cups diced, seeded watermelon

1/4 cup sugar

1/4 cup light corn syrup

1 tablespoon fresh lemon juice

1 tablespoon grenadine syrup

Puree watermelon in food processor or blender until smooth. (You should have 3 1/2 cups puree.) Combine 1/2 cup watermelon puree and sugar in large bowl, stirring until sugar is dissolved, about 5 minutes. Add corn syrup, lemon juice, grenadine and remaining watermelon puree. Cover and refrigerate until cold, about 1 hour. Freeze in ice-cream maker according to manufacturer's instructions. Makes 5 1/2 cups.

PER 1/2 CUP

Calories 70

Total Fat 0 g

Saturated Fat 0 g

Cholesterol 0 mg

Sodium 13 mg

Carbohydrates 17 g

Protein 1 g

DAILY GOAL

Calories 2,000 (F), 2,500 (M)

Total Fat 60 g or less (F), 70 g or less (M)

Saturated Fat 20 g or less (F), 23 g or less (M)

Cholesterol 300 mg or less

Sodium 2,400 mg or less

Carbohydrates 250 g or more

Protein 55 g to 90 g

FROM LHJ ONLINE <http://www.lhj.com>