Watermelon Sherbet

Ingredients:
Makes 6 servings
(1/2 cup = 1 serving)
- 3 cups Seedless Watermelon, Cubed and Frozen
- 1/2 cup Vanilla Yogurt

Method:
1. Add half of frozen watermelon cubes to a food processor and process until watermelon breaks down and becomes grainy.
2. Add half the yogurt and process until the mixture becomes smooth and creamy.
3. Scoop the sherbet into a separate container and repeat with the remaining ingredients.
4. Can serve immediately for a soft-serve consistency or freeze for 1 hour for a firmer consistency.

Tips on Watermelon

How To Store: Store on countertop.
How To Use: Use as a flavoring for water, in salads, or enjoy as a healthy snack!
Health Benefits: Lowers Risk of Heart Disease, Diabetes, & Cancers; Promotes Healthy Aging.

Nutrition Facts
6 servings per container
Serving size 1/2 Cup
Amount Per Serving
Calories 40
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 15mg 1%
Total Carbohydrate 9g 3%
Dietary Fiber 0g 0%
Total Sugars 8g Includes 1g Added Sugars 2%
Protein 1g 2%
Vitamin D 0mcg 0%
Calcium 40mg 4%
Iron 0mg 0%
Potassium 130mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Credit: https://www.fivehearthome.com/2-ingredient-watermelon-sherbet/
Photo Credit: https://www.taste.com.au/
In accordance with Federal civil rights law and USDA Department of Agriculture (USDA) civil rights regulations and policies, the USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal, or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877.8339. Additionally program information may be made available in languages other than English. To file a complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD 3027) found on line at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office or write a letter addresses to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632.9992. Submit your completed form or letter to USDA by:

I. mail: US Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW Washington, DC 20250

II. Fax: (202) 690-7442; or

III. email: program.intake@usda.gov

This Institution is an equal opportunity provider.