Cucumber Lime Sorbet



Sorbets have a traditional place between courses, refreshing the palate during a meal. The clean, invigorating flavor of this sorbet serves this purpose perfectly, doubling as a delightful post-meal treat or a refreshing snack.

Timing

Prep time	Total time	Skill level
10 mins	**40 mins**	**Easy**

What You'll Need

- 2 cucumbers, peeled
- 3 tbsp lime juice
- 2 tsp grated fresh ginger peeled
- 1/2 cup granulated organic sugar (or sweetener of choice)
- 1/2 tsp sea salt or table salt

Directions

1. Peel cucumbers. Cut into pieces and place in a food processor with the lime juice, ginger, sugar, and sea salt. Process until mixture is smooth. Chill.

2. Place in an ice cream machine and follow the instructions for the machine to churn the sorbet. Once it is churned, transfer to a plastic container with a lid and freeze.
3. When ready to serve, remove from the freezer for 5-10 minutes and scoop into serving dishes.

Tip: A sorbet is traditionally served between courses to cleanse the palette and this recipe is perfect for this purpose. This sorbet makes a delicious snack on a hot summer day.

Note: Artificial sweeteners will not work well in the recipe.