

# APRIL IS NATIONAL SOYFOODS MONTH

## Raspberry Sherbet

Recipes provided by...

**Soybeans**  
Nebraska Soybean Board



### INGREDIENTS...

- 3/4 cup soymilk
- 3/4 cup cranberry-raspberry juice
- 1 cup raspberries, puréed
- 2 Tbs sugar

#### Per 1/2 cup serving:

Calories:	90
Total fat:	1 g
Saturated fat:	0.1 g
Cholesterol:	0 mg
Sodium:	20 mg
Carbohydrate:	19 g
Protein:	2 g
Soy Protein:	2 g
Dietary Fiber:	1.4 g

Blend all ingredients. Pour into a shallow pan and freeze until fairly firm but not totally frozen. Cut it into chunks and process in a food processor or blender until smooth. Pour into a container and freeze again. Let soften before serving. If necessary, process again briefly just before serving.

**Yield: 2 cups**