

STRAWBERRY SHERBET

Strawberries are an excellent source of vitamin C which helps to keep your immune system functioning properly. They also contain fiber, potassium, antioxidants - great for BRAIN POWER!

ALL YOU NEED:

- 1 lb strawberries, frozen
- 1/4 cup honey



ALL YOU DO:

1. Wash your hands.
2. Put strawberries and honey into a blender until smooth.
3. No blender? No problem. Put the mix into a glass bowl and use your muscles with a spoon and mash.
4. Spread mixture into a freezer safe dish.
5. Freeze for 4 hours.

NUTRITION FACTS PER SERVING: SERVING SIZE: 4

Calories: 100 kcal Protein: 0.8 g Carbohydrate: 27.5 g Fat: 0 g Fiber: 2.4 g