

# Watermelon and Lime Sorbet



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**PREP TIME:** 10 minutes, plus 6-8 hours freezing **COOKING TIME:** 5 min  
**SERVES:** 8 **DIFFICULTY:** Easy

## Ingredients

1 cup caster sugar  
1 cup water  
1.8kg seedless watermelon  
¼ to ⅓ cup fresh lime juice  
(approx. 2 limes)  
Mint sprigs to serve

## Method

1. Combine water and sugar in a small saucepan and bring to a boil over medium-high heat. Stir occasionally until the sugar has dissolved completely. Remove and cool completely.
2. Remove the skin from the watermelon and cut it into chunks. Place into the bowl of a food processor along with the lime juice and cooled syrup. Process until smooth.
3. Transfer into a freezer-safe container. Cover with cling film and freeze for 2 hours. Remove from the freezer and return to the food processor. Process until it forms a puree.
4. Spoon back into tray. Cover and refreeze for another 2 hours. Repeat once more. Freeze sorbet until completely frozen.
5. To serve, remove from freezer 10 minutes before serving.

## Notes

- Watermelon sweetness will vary from season to season. Increase or decrease the lime juice accordingly. Taste and adjust after the first processing.
- Select a deep large dish that is approx. 4-5 cm high.
- Freezing times will vary depending on your freezer.

This recipe is suitable for everyone with kidney disease, if you have diabetes, then this recipe should be eaten as a treat. To reduce the carbohydrate so that it has less impact on blood glucose levels, substitute caster sugar with granulated Splenda.

## Nutritional profile per serve

Energy	972kj
Protein	2g
Carbohydrate	57g
Fibre	2g
Sodium	11mg (low)
Potassium	383mg (high)
Phosphate	44mg (low)

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