



# Low FODMAP Lemon Myrtle Sorbet

Serves: 10

Prep: 10 minutes

Cook: 160 minutes



Ingredients	Metric	Imperial
420ml water	420 g	14.2 oz
2 cups caster sugar	450 g	15.9 oz
400ml freshly squeezed lemon juice	400 g	13.5 oz
100ml freshly squeezed lime juice	100 g	3.4 oz
Zest of 1 lemon		
Zest of 1 lime		
1 tsp lemon myrtle leaf ground		

## Method

1. Place the water and sugar in a medium saucepan and stir over medium heat until the sugar has dissolved. Allow to cool completely.
2. Stir in the juices and zest of both lemon and lime, as well as lemon myrtle until combined.
3. Pour mix into a freezer box or large plastic container and place into the freezer. After 1.5 hrs, either use electric beaters, a fork or a whisk to break up mixture. Repeat once every hour for 4 hours to break up the ice crystals. Stop mixing when firm but still easy to scoop.

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## Hints

- Step 1 can be done ahead of time, store the syrup in the fridge until you are ready to make the sorbet
- For those who don't have access to lemon myrtle, try using another flavour. Some of our favourites include lavender, or kaffir lime leaves
- If you have an ice cream maker, at step 3, churn according to manufacturers instructions
- Store in the freezer in an air tight container for up to one month

Nutrition Information (per serve)	
<b>Energy</b>	559 Kj / 134 cal
<b>Protein</b>	0.20g
<b>Carbohydrates</b>	32.80g
<b>Sugar</b>	32.80g
<b>Total Fat</b>	0.08g
<b>Saturated Fat</b>	0.00g
<b>Fibre</b>	1.10g