

## Cinch Strawberry Sorbet

### INGREDIENTS:

6 Scoops      Cinch Strawberry Shake Mix  
2 cups        Nonfat milk or low fat soy milk  
1 cup         Fresh strawberries, cut into pieces

### EQUIPMENT NEEDED:

Ice cream maker for home use.

### DIRECTIONS:

Combine all ingredients in a blender and mix well. Pour contents of blender into an ice cream maker and follow ice cream maker directions until mixture is the consistency of sorbet. Once your frozen treat is ready, scoop half the amount into a bowl or parfait dish for immediate consumption or pour entire contents in a container and freeze for later use.

Makes 2 serving. Serving size is 1 cup  
Calories per serving: 310

### NUTRITIONAL INFORMATION PER SERVING:

24 g protein  
42 g carbohydrates  
3 g fat  
480 mg sodium  
0mg cholesterol  
8 g fiber