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### **Raspberry Sherbet**

Pink, creamy, and luscious – this sherbet sounds far naughtier than it actually is! Fresh berries and fat-free *fromage frais* make for a delightfully low-fat treat.

[Note: *Fromage frais* is a fresh cheese. A regular or low-fat cream cheese may be substituted. Avoid fat-free cream cheese in this application].

1 cup granulated sugar  
13 oz. raspberries  
1-1/2 cups fat-free *fromage frais*

Serves 4-6.

Put the sugar in a large saucepan and add 1/2 cup cold water. Heat gently, stirring until the sugar has dissolved completely. Bring to a boil then remove from the heat.

Put the raspberries in a blender and process to a purée. Press through a strainer set over a bowl and discard the seeds. Stir the cooled syrup into the strained raspberry purée. Transfer the bowl to the refrigerator and chill well. Add the *fromage frais* to the purée and whisk until smooth.

Transfer the mixture to an ice cream maker and churn according to the manufacturer's instructions, until firm enough to serve in scoops.