

Pineapple and Raspberry Easy Sorbet



This sorbet is incredibly simple and low in FODMAPs, made with just four ingredients. Refreshing and naturally sweet, it's perfect as a frozen snack or a light dessert on hot summer days. With no compromise on [digestive health](#), it's a dietitian-approved option.

Preparation 5 min

Cooking 0 min

Servings 2

Nutrition Facts (per serving)

Calories 125

Fat 0

Carbohydrates 28

Fibre 5

Protein 3

Sodium 30

Ingredients

- 60 ml (¼ cup) pitted dried dates
- 45 ml (3 tbsp) of water
- 250 ml (1 cup) frozen pineapple

- 30 ml (2 tbsp) egg whites

Preparation

1. In a small bowl, combine the dates and water. Microwave for 45 seconds.
2. In a blender, blend the dates, pineapple, raspberries, and egg whites at high speed until smooth and homogeneous, scraping the sides as needed.
3. Serve immediately for the best texture.

Notes

Keeps for 3 months in the freezer. Let sit 30 minutes before serving.



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