

Rice Milk Sorbet



Estimated Time: 10 min

Nutrition Per Serving

4 servings (7 tbsp per serving)

Calories	45
Protein	0g
Total Carbohydrates	9g
Sugar	0g
Fiber	0g
Total Fat	1g
Saturated Fat	0g
Polyunsaturated Fat	0g
Monounsaturated Fat	1g
Cholesterol	0g
Minerals	
Sodium	36mg
Potassium	34mg
Phosphorus	52mg
Calcium	109mg

Recipe provided by
Chef Duane Sunwold

Ingredients

1 ½ cups rice milk
¼ cup simple syrup
2 tablespoons vanilla extract

Simple Syrup
½ cup water
½ cup monk fruit

Directions

Mix rice milk, simple syrup and vanilla extract together. Freeze overnight.

Simple Syrup
Mix water and monk fruit in a small saucepan. Cook over medium heat until it boils, and the monk fruit is dissolved.

Disclaimer: Please be advised that some of these foods may contain wheat/ gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.