

Foodnity Recipes

Rhubarb Sorbet - Refreshing Summer Dessert

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Sorbet Base

- [ ] 1 pound fresh rhubarb, trimmed and sliced
- [ ] ¾ cup granulated sugar
- [ ] ½ cup water
- [ ] 2 tbsp fresh lemon juice
- [ ] Pinch of salt

Optional Garnish

- [ ] Fresh mint leaves
- [ ] Thin rhubarb ribbons
- [ ] Honey drizzle

Instructions

1. Combine the sliced rhubarb, sugar, and water in a medium saucepan; bring to a gentle boil over medium heat.
2. Reduce heat and simmer for 5-7 minutes, until the rhubarb softens and the mixture thickens slightly.
3. Remove from heat, stir in lemon juice and a pinch of salt, then blend the mixture until completely smooth.
4. Strain through a fine mesh sieve to discard any pulp, then chill the purée in the refrigerator for at least 1 hour.
5. Pour the chilled mixture into an ice-cream maker and churn according to manufacturer's instructions, about 20-25 minutes, until thick and creamy.
6. Transfer the sorbet to an airtight container, smooth the top, and freeze for another 2-3 hours to firm up.
7. Before serving, let the sorbet sit at room temperature for 5 minutes, scoop, and garnish with mint or a drizzle of honey if desired.

Nutrition per serving

120 kcal	1 g	30 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sorbet feels too icy, blend it again briefly before serving.
- Adjust sugar depending on the natural tartness of your rhubarb.
- A splash of orange blossom water adds a subtle floral note.