

CANTALOUPE SORBET

Ingredients for 6 people

<i>500 grams of cantaloupe</i>	<i>0</i>
<i>100 grams of sugar</i>	<i>400</i>
<i>100 grams of water</i>	<i>0</i>
<i>100 grams of whipped cream</i>	<i>100</i>
<i>1 lemon</i>	
<i>total calories (about)</i>	<i>500</i>

Preparation

Cut the cantaloupe in small pieces and take out the seeds.

Blend it with the lemon.

Prepared a syrup making the sugar, melted in water, boil and let it cool down.

Now, mix the blended cantaloupe and the cream.

The compound has to be amalgamated in the blender and therefore it goes in the freezer to reach the wanted consistency.

You have to serve it in sorbet glasses.