PREPARATION: 10 MINUTES | FREEZING: MINIMUM OF 2 HOURS
SERVINGS: 5

WATERMELON STRAWBERRY SORBET

INGREDIENTS

- 2 cups watermelon, diced ½ inch and frozen
- 1 cup strawberries, frozen
- 1 tablespoon lemon juice
- ¼ cup water
- ¼ cup honey*

* People with weakened immune systems should not eat raw honey due to the risk of bacterial or fungal infection. Filtered honey, commonly found at local grocery stores, is a preferable substitute, however, always contact your healthcare team if you have any food concerns.

PREPARATION

1. Dice watermelon into ½ inch cubes. Place cubes on a cookie sheet, in a single layer, and freeze for at least 2 hours or overnight.

2. In a food processor, add frozen watermelon and strawberries, lemon juice, water, and honey. Process until smooth.

3. Place in a serving dish and serve immediately.

4. Alternatively, cover and freeze for later use. Remove from freezer 5 minutes before serving.

SUGGESTION

✔ You can use lime juice in place of the lemon juice.
Enjoy watermelon as a lower-potassium fruit

Fruits are part of a healthy diet for all. However, for those with chronic kidney disease, many fruits contain too much potassium to be enjoyed on a daily basis.

Typically melons contain a lot of potassium, but watermelon has the least amount of all the melons. To compare, a ½ cup of diced watermelon contains 85 milligrams of potassium whereas the same amount of cantaloupe contains 208 milligrams and honeydew contains 194 milligrams of potassium.¹

In other words, watermelon contains less than half the amount of potassium when compared to other melons. Always remember, a lower-potassium food can be too much potassium if you eat too much of it and a higher-potassium food may work in your diet if you have only a small amount of it. Ask your dietitian how much watermelon is right for you.