



Makes 2 serving
Cook Time: 3 hours

INGREDIENTS:

6 cups cubed fresh ripe
watermelon

½ cup packed fresh basil leaves

1 tablespoon lemon juice

Watermelon-Basil Ice

It's easy to fit in more fruits when they look, smell, and taste like this! All this dessert consists of is ripe watermelon, fresh basil, and a twist of lemon, yet this wholesome fruit sorbet offers a cool treat on a summer day, or a nice palate cleanser after a hearty meal.

From *Plant-Powered for Life*

Find this cool dessert recipe and more in the *Forks Over Knives Recipe App*.

<https://www.youtube.com/watch?v=aTxRuslMwIU>

By Sharon Palmer, MSFS, RDN

- 1 Place the watermelon, basil, and lemon juice in a blender. Process just until smooth.
- 2 Pour the mixture into a shallow airtight freezer container. For best results, freeze for 3 to 4 hours until the texture is frozen yet scoopable. Use a metal ice cream scoop to portion into serving dishes.
- 3 Freeze any leftovers. To serve again, thaw at room temperature for about 10 minutes before scooping.