



DESSERT

- Gluten-free
- Dairy-free
- Vegan

Berry Basil Sorbet



ANTI-INFLAMMATORY AND DIGESTIVE SUPPORT



Prep time: 5 minutes



Cooking time: none



Total: 5 minutes

Servings: 4



Allergens: Although not on the allergen food list, strawberries have been associated with allergic reactions. Please select other berries that you do not react to for this recipe if you react to strawberries.

INGREDIENTS

- 300g fresh mixed berries, washed, dried and frozen
- 2 tbsp fresh mint, finely chopped, stems removed
- 2 tbsp fresh basil, finely chopped, stems removed
- 2 tbsp freshly squeezed lemon juice (optional) or 1 tbsp honey (optional)
- Ice cubes (optional)
- 80g water (approx.)

VARIATIONS:

- If you have issues with citrus, you can replace the lemon juice with a tablespoon of honey. Not only is honey soothing, but it has many beneficial healing properties. Remember that honey sweetens the recipe and increases the sugar content. If adding honey, this recipe will no longer be *vegan* but rather, *suitable for vegetarians*.
- Add a slice of freshly grated ginger to support immunity and ease nausea.
- Packaged frozen mixed berries may be used as an alternative to fresh berries that you freeze yourself.

Note: Blueberries and strawberries contain oxalates so people with a history of kidney stones should be cautious and reduce consumption.

PREPARATION

1. Wash mint and basil leaves under cold water and pat dry before chopping.

PREPARATION (CONT'D)

2. In a blender, add the water first, then all other ingredients, and blend.
3. Add ice cubes to the mixture if the consistency is too watery and not blending/incorporating smoothly together.
4. Serve and enjoy straight away or store in the freezer in an airtight container to be enjoyed whenever you choose!

RECIPE HEALTH BENEFITS

- Berries contain fibre which helps support digestive function. Phytonutrients like anthocyanins give berries their vibrant colour and act as powerful antioxidants that support cell structure.
- Basil is a delicious fragrant herb that is used as a digestive aid and can help ease headaches.
- Ginger helps alleviate digestive discomfort, reduce symptoms of nausea, and also has an anti-inflammatory effect.
- This recipe is high in vitamin C, E, manganese and fibre.

TIPS

- Try freezing this sorbet in popsicle trays as an alternative if you have difficulty swallowing.
- Always choose seasonal berries that are firm with a vibrant colour. Freeze berries soon after they are selected. Before freezing, be sure to wash them in a sieve with cold water, and remove any moisture by patting them dry. Berries can be frozen for up to 1 year. If you are freezing strawberries, you may want to remove the stems before freezing so that you can place them straight into the blender.
- Select organic where possible. Strawberries are known to be linked with high pesticide levels.
- When eating berries or using them as a garnish, it's best to wash them right before consuming. This will avoid the berries from retaining moisture and spoiling too quickly.

This simple summer berry sorbet is the perfect nutritious treat to cool you down. It's full of fresh seasonal berries, packed with powerful antioxidants that also contain anti-inflammatory properties, and complemented with holistic herbs.



Recipe created by Gill Compton, CNM London:
Naturopathic Nutrition/NaturalChef

Reference

Mateljan, G. (2007). *The World's Healthiest Foods*. George Mateljan Foundation. Seattle, Washington. Pages 407, 344, 346.
Murray, Dr. M. et al. (2006). *Encyclopaedia of Healing Foods*. Time Warner Books. London, GB. Pages 262, 317, 318, 472, 488.



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