

# Fabulous Food

## Refreshing California Cling Peach Sorbet in Minutes

(NAPSA)—Looking for a refreshing summer dessert that takes just minutes to prepare? Your search is over. Equally perfect as a poolside treat and as a more elegant dessert dressed for backyard parties, this California Cling Peach Sorbet is a celebration of simple summertime pleasures.

The recipe is a snap: Just freeze two unopened cans of California Cling Peaches overnight, then purée the frozen fruit in a food processor until smooth. This intensely fruity, creamy, non-dairy sorbet is ready to serve immediately, or can be spooned into a container and frozen for a later use.

California Cling Peach Sorbet is as nutritious as it is delicious. Fat-free and containing only 80 calories per ½-cup serving, it is a light alternative to other summertime desserts and provides one of the five recommended daily servings of fruit.

According to a study conducted by the University of Illinois, canned fruits are nutritionally equal to their fresh and frozen counterparts. California Cling Peach Sorbet will therefore fuel summertime fun with important nutrients essential to good health.

So escape the kitchen and enjoy the season. Refreshing, smooth California Cling Peach Sorbet is just minutes away.

### California Cling Peach Sorbet

*Servings: 6 (about ½ cup each)*

*Freeze Time: 24 hours*

*Prep Time: 5 minutes*

**2 cans (15 oz. each)**

**California Cling Peaches,  
in light syrup**

**1 teaspoon vanilla**

**At least 24 hours in advance, place unopened cans of peaches in freezer to freeze solid (can may bulge slightly).**

**Remove cans from freezer;**



**Delicious and delectable peach sorbet is a quick and easy summertime treat.**

**submerge in hot water for 30 to 60 seconds. Open cans and pour any thawed syrup into a food processor fitted with a metal blade.**

**Remove frozen peaches from can, cut into chunks and place in food processor. Add vanilla. Process until smooth, scraping blade as needed. Serve immediately or spoon into freezer container, cover, and freeze until ready to serve.**

### Helpful Hints

✓ Sorbet can be made in advance and stored in a tightly sealed container. Simply let stand at room temperature for 10 minutes before serving.

✓ Unopened cans of fruit may stay in freezer up to one year.

### Nutritional Information

Calories 80, Calories from Fat 0, Fat 0g, Protein <1g, Carbohydrate 12g, Cholesterol 0 mg, Dietary Fiber 1g, Vitamin A 6%, Vitamin C 8%, Calcium 0g, Iron 2%, Sodium 0mg.