

DESSERT

Cherry and Pomegranate Sherbet

13 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
1475 min	15 min	1460 min	6	\$0.99	229 kcal



Need a gluten free and lacto ovo vegetarian dessert? Cherry and Pomegranate Sherbet could be a super recipe to try. This recipe serves 6. For 99 cents per serving, this recipe covers 4% of your daily requirements of vitamins and minerals. One serving contains 229 calories, 3g of protein, and 3g of f...

Ingredients

- ☐ 3 cups fresh or frozen cherries, pitted
- ☐ 1 Juice of lemon
- ☐ 1 cup sugar
- ☐ 1 tablespoon heavy cream
- ☐ ½ cup pomegranate juice
- ☐ 1½ cups whole milk

EQUIPMENT Food processor, Sauce pan, Blender, Ice cream machine

Method

- 1 Add the cherries to a saucepan with the sugar and pomegranate juice. Bring to a slow boil and cook until the cherries are soft and the liquid is syrupy, 15 to 20 minutes. Cool to room temperature.
- 2 Add the cherries and juice to a blender or food processor. Blend until smooth, stopping short of totally liquefying it if you'd like a little pulp.
- 3 Add the milk, cream and lemon juice and blend briefly. Freeze according to your ice cream maker's instructions, and then transfer to an airtight freezer container and freeze for at least 24 hours before serving.
- 4 Scoop into a pretty glass and serve. If you're feeling dangerous, mix with a little cold white wine for a delicious "milkshake." Just don't tell anyone I told you to do that.

Nutrition per serving

229	3 g	3 g	50 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.8 g · 11% of daily needs
Fibre			1.5 g · 6% of daily needs
Sugar			47.9 g · 53% of daily needs
Sodium			26.1 mg · 1% of daily needs
Cholesterol			10.2 mg · 3% of daily needs
Vitamin C			6.8 mg · 8% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/cherry-and-pomegranate-sherbet-142370