

Summer Ice

Ingredients

1 cup apple juice
1 cup cold water
1/2 (one-half) cup honey or brown sugar
1 teaspoon lemon or lime juice
2 cups fresh strawberries

Method

In a medium saucepan, combine juice, water and honey. Bring to boil over medium heat. Cook and stir for three minutes or until thickened. Remove from heat and cool to lukewarm. Stir in lemon juice. Crush strawberries and add to sauce. Pour into prepared ice cream maker and freeze according to machine directions. Try crushed peaches, pineapple, bananas or any berry in place of strawberries for a variation. Yields one quart fruit sherbet.