

Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/lemon-kefir-sherbet>

Lemon Kefir Sherbet

Prep time: 10 minutes, active time

Servings: 10

When life gives us lemons, we make this refreshingly light dessert. In California, we're lucky to have an abundant supply of sweet-tart Meyer lemons almost year-round. This recipe was adapted from Bon Appetit's™ Lemon-Buttermilk Sorbet, June 2001. We replaced the buttermilk with an equal amount of Green Valley Creamery Lactose-Free plain kefir for a bright, light treat. It can be made 3 days ahead. Keep frozen.

Submitted by Nancy Lorenz

Ingredients

1 ¼ cup sugar

½ cup fresh Meyer lemon juice

4 cups Green Valley Creamery Lactose-Free Plain Kefir

Instructions

Heat the lemon juice and sugar in a saucepan just until the sugar dissolves. Add kefir; stir. Chill in the refrigerator until very cold, at least 4 hours. Pour into an ice cream maker and process according to manufacturer's™ instructions (we processed for 20 min.).

The Bice family's Meyer lemon tree, in its full glory!

Adapted from [Bon Appetit Lemon Buttermilk Sorbet](#), June 2001