

Low-Carb Watermelon & Lime Sorbet

Hands-on 5 minutes Overall 30-45 minutes

Nutritional values (per serving, about 2 scoops/ 85 g/ 3 oz): Total carbs: 6.4 g, Fiber: 0.3 g,

Net carbs: 6 g, Protein: 0.5 g, Fat: 0.1 g, Calories: 25 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 8 servings)

1/2 small watermelon (600 g/ 1.3 lb)

juice from 1 1/2 limes

Optional: 25-35 drops [liquid Stevia](#) extract if needed (I recommend [SweetLeaf](#) or [NuNaturals](#)) or other healthy [low-carb sweetener](#) from [this list](#)

Instructions

1. Cut the watermelon in cubes and remove all the seeds. Place in a blender together with freshly squeezed lime juice and stevia to taste. Pulse until smooth.
2. Pour into the ice-cream maker and process according to the manufacturer's instructions. Mine took just about 45 minutes. This varies based on the make of your ice-cream maker (30-60 minutes) and also depends how solid you want the sorbet to be. If you don't have an ice-cream maker, simply place the diced watermelon in the freezer for at least 3 hours and blend until smooth with lime juice and stevia. I wanted mine to be really frozen, so it took 45 minutes.
3. When done, using a rubber spatula, put into small containers and place in the freezer.
4. This will help you with portion control and prevent you from eating all the ice-cream in one go. If you serve the sorbet straight away, garnish with lime wedges and fresh mint. Enjoy!

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