

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Soy Sherbet



1 cup soy milk

1 lb of frozen fruit (peaches, strawberries, raspberries, blueberries, oranges, mango, pineapple)

6 Tbls agave, honey, or maple syrup

1/2 teas. vanilla extract

Place all the ingredients into a high power blender and slowly increase speed until you reach high. Blend to desired consistency. Pour into a container and place in freezer for an hour or so to reach a more “scoopable” consistency or pour into glasses and eat like a shake.