

DOUBLE-CHOCOLATE SORBET

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

1/2 C sugar
1/4 C unsweetened cocoa powder
1/4 C honey
1/1 tsp instant espresso or coffee powder
2 C water
1/2 oz (1/2 square) unsweetened chocolate, chopped

DIRECTIONS:

In medium saucepan, combine sugar, cocoa powder, honey, espresso powder, chocolate & 1/2 C water - bring to simmer & cook till sugar is dissolved (2-3 minutes) - remove from heat & stir in 1 1/2 C water.

Transfer to food processor - puree. Scrape into qt-sized container with a tight-fitting lid - freeze till firm. If sorbet loses its velvety texture, reprocess right before serving.

Makes 4 servings

(per serving: 194 calories; 3g total fat; 1g saturated fat; 0mg cholesterol; 1g dietary fiber; 2g protein; 15mg calcium - WW points per serving: 4)