

# Cantaloupe-White Balsamic Sorbet

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Recipe source: [Cooking Light](#)

## INGREDIENTS:

- 1 pound chopped peeled ripe cantaloupe (about 2 1/2 cups)
- 3 tablespoons white balsamic vinegar
- 1/8 teaspoon kosher salt
- 3/4 cup water, divided
- 3 tablespoons sugar
- 3 tablespoons honey

## DIRECTIONS:

- Process cantaloupe, vinegar, salt, and 1/2 cup water in a blender until smooth.
- Combine sugar, honey, and remaining 1/4 cup water in a saucepan over medium; cook, stirring constantly, until sugar is dissolved, 2 to 4 minutes. Remove from heat, and cool 10 minutes.
- Stir together cantaloupe mixture and honey mixture in a medium bowl until combined. Cover and chill until cold, about 30 minutes or overnight.
- Pour mixture into freezer bowl of a 1-quart electric ice-cream maker, and proceed according to manufacturer's instructions. (Instructions and times will vary.) Transfer to a freezer-safe container, and freeze until easily scooped, at least 4 hours.
- Note: The sorbet is best on the day it is made, but fine for a day or two afterwards.

