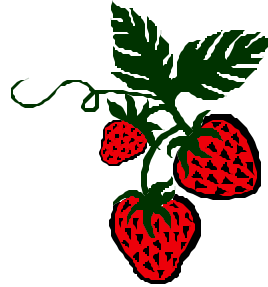


Strawberry-Orange Ice

1 3/4 cups orange juice
1/2 cup lemon juice
3 pints strawberries, hulled
1 3/4 cups sugar
1/8 tsp salt



In covered blender, blend all ingredients at high speed until smooth. Pour mixture into a 13x9-inch baking pan. Cover with foil or plastic wrap and freeze until partially frozen (about 4 hours), stirring occasionally. Spoon strawberry mixture into a large chilled bowl and beat with a mixer until smooth but still frozen. Return mixture to pan and freeze until firm, about 3 hours. For easier scooping and serving, remove mixture from freezer and let stand at room temperature for 10 minutes. Makes 20, 1/2 cup servings.

Per recipe: 141 mg phe, 8.6 g protein
Per serving: 7 mg phe, 0.4 g protein

