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# Low Carb Raspberry Sherbet

4 net carbs per serving.



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Servings: 4

2 c raspberries, pureed  
1 tbsp lemon juice  
8 drops liquid stevia (or equiv), to taste  
4 egg whites, beaten stiff

## DIRECTIONS

Mix raspberries with stevia and lemon juice.

Fold the berries into the egg whites and mix thoroughly.

Spoon into a plastic container and freeze 2 to 4 hours.

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Per Serving: 49 Calories; trace Fat (5.9% calories from fat); 4g Protein; 8g Carbohydrate; 4g Dietary Fiber.

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