
Low-Glycemic Strawberry Balsamic Sorbet

A naturally sweet frozen dessert that won't spike blood sugar, featuring fresh strawberries enhanced with aged balsamic vinegar and minimal honey.

Prep: 15 min

Cook: 5 min

Total: 405 min

Servings: 6

GL 5.3 / GI 48

Ingredients

Reduced to concentrate flavor without added sugar balsamic vinegar

Low GI fruit (GI ~40), high in fiber and antioxidants fresh strawberries, hulled and halved

For serving fresh strawberries, coarsely chopped for garnish

Minimal amount for sweetness; use raw honey for lower GI (~50-55) dark honey

Instructions

Step 1

Pour the balsamic vinegar into a small stainless steel or non-reactive saucepan. Place over medium-low heat and bring to a gentle simmer. Allow the vinegar to reduce slowly until it has thickened to about half its original volume, approximately 5 minutes. The reduction should coat the back of a spoon. Remove from heat and set aside to cool completely at room temperature.

Step 2

While the balsamic reduction cools, prepare the strawberries by removing the hulls and cutting them in half. Add the halved strawberries to a high-powered blender or food processor. Blend on high speed until the mixture is completely smooth and no chunks remain, about 1-2 minutes.

Step 3

Set a fine-mesh strainer over a large mixing bowl. Pour the strawberry puree into the strainer and use a rubber spatula or the back of a wooden spoon to press the mixture through, extracting all the smooth juice while leaving behind the seeds and pulp. Discard the solids remaining in the strainer.

Step 4

Add the cooled balsamic reduction, dark honey, filtered water, and fresh lemon juice to the strained strawberry puree. Whisk thoroughly until all ingredients are fully incorporated and the mixture is uniform in color and consistency. The balsamic will add a beautiful depth and slight tang to balance the fruit's natural sweetness, while the lemon juice enhances brightness and helps preserve color.

Step 5

Cover the bowl with plastic wrap or transfer to an airtight container. Refrigerate for at least 2-3 hours or until the mixture is thoroughly chilled to 4°C (40°F) or below. This step is crucial for proper freezing texture and ensures the ice cream maker can work efficiently.

Step 6

Pour the chilled strawberry mixture into your ice cream maker and churn according to the manufacturer's instructions, typically 20-25 minutes, until it reaches a soft-serve consistency. The sorbet should be smooth and creamy but not yet firm. The churning process incorporates air for a lighter texture without adding sugar.

Step 7

Transfer the churned sorbet to a freezer-safe container with a tight-fitting lid. Press a piece of parchment paper directly onto the surface to prevent ice crystals from forming. Freeze for at least 3-4 hours until firm enough to scoop but still creamy in texture.

Step 8

When ready to serve, let the sorbet sit at room temperature for 3-5 minutes to soften slightly for easier scooping. Portion into chilled serving bowls using a standard ice cream scoop (approximately 80ml or 1/3 cup per serving). Garnish with the coarsely chopped fresh strawberries. Serve immediately for best texture and enjoy within 2 days for optimal flavor and glycemic benefits.