

# Tropical Sorbet



Enjoy this refreshing frozen treat and get plenty of the sweet, tart flavor you love with the benefit of fiber-rich whole fruit blended in.

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>15 MIN</b>	<b>TOTAL TIME</b> <b>15 MIN</b>
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## INGREDIENTS

3 cups Mango Chunks, frozen  
1 cup Pineapple Chunks, frozen  
2 each Oranges, juiced (4 oz.)  
1 each Lime, juiced (2 oz.)  
3 Tbsp Honey  
¼ tsp Vanilla Extract

## CHEF'S NOTES

For a fun flavor twist, try this sprinkled with a little Tajin or chili powder. You can also serve with our homemade chocolate magic shell.

You can try this recipe with just pineapple or all mango. All mango will result in a sweeter flavor and using all pineapple will make a very tart sorbet.

Store leftovers in a tightly sealed container in the freezer for up to 14 days. Allow it to defrost a little before scooping.

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Allow the frozen fruit to defrost for about 10 minutes. Add all ingredients in the order listed to a large blender pitcher.
3. Start the blender on low and gradually increase the speed to high until the mixture is smooth and creamy with no chunks remaining. Stop the blender and scrape down the sides as needed in between blending.
4. Serve immediately or transfer to the freezer for a few minutes for a firmer texture.

# Nutrition Facts

6 servings per container

**Serving size** 1/2 cup (163g)

**Amount Per Serving**

**Calories** **110**

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans Fat* 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 31g **11%**

Dietary Fiber 2g **7%**

Total Sugars 28g

Includes 9g Added Sugars **18%**

**Protein** 0g **0%**

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.2mg 0%

Potassium 340mg 8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

