

Mango & Banana Sorbet



This sorbet comes together in minutes and is a flavor-packed customizable treat perfect for beating the Summer heat without any added sugar!

YIELD 6 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

2 cups	Mango, frozen, cubed or chunked
3 large	Bananas, ripe, frozen, broken into 1-2" chunks
2 tsp	Vanilla Extract
2 Tbsp	Water

CHEF'S NOTES

Kick up the flavor in your sorbet by incorporating fresh herbs like mint, basil or shiso. You can also add some fun mix-ins like ground cinnamon, cayenne, PB2 (peanut butter powder) or cocoa powder for a fun twist.

Try topping this sorbet with GCCM's Chocolate Magic Shell for a delicious magic trick (great for kids and adults alike!)

Using a metal bowl/pan helps the sorbet to harden faster, but any container will do.

Store in the freezer, covered, for up to two months.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a blender, combine the mango, banana, vanilla and water. Blend on high speed, until a consistent, smooth and creamy consistency is reached, about 2-3 minutes. If the mixture is too thick and will not completely mix, add water 1 Tbsp at a time until it's nice and smooth.
3. If desired, add in any mix-ins (see chef's notes).
4. Scrape the sorbet into a small metal bowl or pan. Place the sorbet in the freezer to solidify and harden, about 30 minutes. Scoop mixture and top as desired or serve as is.

Nutrition Facts

6 servings per container

Serving Size 1/2 cup (132 g)

Amount per serving

Calories 100

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 26g 10%

Dietary Fiber 3g 10%

Total Sugars 18g

Includes 0g Added Sugars 0%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 4mg 0%

Iron 0.18mg 0%

Potassium 200mg 5%

*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.

Recipe adapted from *Health meets Food: Mango & Banana Sorbet* (5/13/19)



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