

# 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!*

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>10 MIN</b>
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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

Frozen fruit like mango, bananas, and strawberries are great for making homemade fruit-based sorbets. 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. Remove frozen fruit from the freezer and allow it to defrost for a few minutes before starting the recipe.
2. In a food processor or 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. Scrape the sorbet into a small metal bowl or pan. Place the sorbet in the freezer to solidify and harden, about 15-20 minutes before serving.

# Nutrition Facts

6 servings per container

**Serving size** 1/2 cup (129g)

**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** 24g 9%

Dietary Fiber 3g 11%

Total Sugars 16g

Includes 0g Added Sugars 0%

**Protein** 1g 2%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.3mg 2%

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.

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



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