

Tropical Sorbet

You can enjoy this refreshing frozen drink without the alcohol and still get plenty of the sweet, tart flavor you love with the benefit of fiber-rich whole fruit blended in.

YIELD 6 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 15 MIN
-----------------------------------	-----------------------------------	------------------------------------

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.

