

Simple Sugar-free

Sorbet

Summertime is here!

What better way to cool off than with a cold sorbet? Most vendors and supermarkets sell ice cream filled with refined sugar and preservatives. This homemade version is healthy, but very tasty and simple.

EQUIPMENT:

Blender or food processor, wooden spoon

OPTIONAL: Glasses (for smoothie); metal bowl (for semi-firm), airtight container (for firm) and small dessert dishes/cups

INGREDIENTS:

- 3 1/2 cups frozen fruit (recommend mango, peach, strawberry)
- 1 tsp. lime juice
- Raw honey to taste
- 1/4 cup warm water, if needed

SERVES
4

INSTRUCTIONS:

Place frozen fruit, honey and lime juice in blender. Blend until smooth. Add a bit of warm water if needed for smoother blending.

THREE WAYS TO SERVE & ENJOY!

1. Pour immediately into glasses as a refreshing, cool smoothie.
2. Semi-firm: Pour into a metal bowl and place in freezer for 1/2 hour. Scoop it out & serve in a small dish.
3. Firm: Pour into an airtight container with lid and put in freezer for 3-4 hours. Scoop it out & serve in a small dish.



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