



SORBET 3 WAYS

how-to & flavor combos!

Today I'm sharing 3 different ways to prepare a sorbet, and you only need 1 ingredient– FRUIT! For these recipes you'll want to add sweetener if the fruit is not naturally sweet enough. Each method is very easy and the time & effort required for each is noted (my personal favorite for a final texture is method 3!). Get creative with your flavor combos, and feel free to try any of your favorite fruits!



Method 1 (easy-peasy)

Time: ●○○ Effort: ●○○

- Add frozen fruit to a blender or processor and blend until smooth (you may need to scrape down the sides or add a little water to blend the mixture well). Enjoy!

Method 2 (I-am-an-ice-cream-machine-method)

Time: ●●● Effort: ●●●

- Add fresh fruit to a blender or food processor and blend until it's a super smooth, silky texture. Transfer to the freezer and, every 30-45 minutes remove and stir. After a few stirs, you'll see it start to freeze up, until finally it's that amazing smooth sorbet consistency. Enjoy!

Method 3 (my personal favorite!)

Time: ●●○ Effort: ●●○

- Add fresh fruit to a blender or food processor and blend until it's a super smooth, silky texture. Line a baking sheet with parchment paper and pour your sorbet mix onto it, covering evenly. Freeze for 2-3 hours. Remove from the freezer and break apart the frozen sheet of sorbet into small enough chunks to fit into a blender. Transfer your sorbet pieces to the blender/food processor. Scrape down the sides or use a spatula to keep the mixture moving if necessary. Once blended, transfer to a large mixing bowl. Serve immediately, or if it's softened up from working with it you can return it to the freezer for a 20-30 minutes. Enjoy!

FLAVOR IDEAS

- mixed berry
- strawberry basil
- pineapple mango
- watermelon
- cantaloupe
- mango mint
- sage honeydew
- peach raspberry
- kiwi lime
- strawberry watermelon
- cinnamon pear



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