

Strawberry Peach Sorbet

INGREDIENTS:

1lb frozen strawberries OR 1 lbs frozen peaches OR ½
lb of both fruits
1-2 tbsp honey OR maple syrup
½ cup full-fat coconut milk, shaken
2 tbsp fresh squeezed lemon
¼ tsp lemon zest (optional)



Instructions:

1. Add the honey, coconut milk, lemon zest to the hopper of a food processor or blender.
2. Add the frozen fruits and process until smooth, 1-4 minutes. Stop and scrape down the sides of the mixing container as few times.
3. Transfer to bowls and serve immediately or freeze for 1-2 hours to harden.
4. Enjoy!

Notes:

- Fresh fruit can be used. Arrange sliced fresh fruits on a baking sheet, cover tightly with plastic wrap, and freeze until solid. At least 4 hours. Then proceed with the recipe.
- Other fruits make great sorbet! Try honey dew, berries, banana, mango, pineapple, nectarines and more.
- Sorbet can be kept in an airtight container for 2 weeks.
- Remove from the freezer and let it soften for about 10 min before serving.