

Frozen Fruit Sorbet (3-Ways)

SERVINGS
4-6 EACH

PREP TIME
5 MIN

COOK TIME
0 MIN

TOTAL TIME
X MIN

The easiest way to make 3 creamy frozen fruit sorbets using simple pantry ingredients, in just 5 minutes each!



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Ingredients

Directions



The key to the perfect texture of the sorbet is to pulse the frozen fruit with a food processor until the batch looks "crumbly" then switch to puree to bring out the full creamy texture.

•4 Extra Ripe Banana's

Optional Mix-In's

- v-Dark Chocolate Chips
- v-Cookie Butter
- Peanut Butter

FROZEN BANANA

- When banana's are very ripe, peel and cut into 1" chunks, and **freeze at least 2 hours**, but longer if possible.
- Add frozen chunks into food processor and pulse many times until whole batch looks like a "crumbly" texture. Scrape down sides as needed.
- Switch to "puree" setting and mix together for about 2 minutes or until desired creamy texture is achieved. Scrape down sides as needed.
- If desired, add in any optional "Mix-In's" and blend until combined.

- 2½ C Frozen Mango (*approx 16 oz Bag*)
- 2 T Dairy Free Milk or Coconut Milk
- 1 Lime

FROZEN MANGO

- Add frozen mango to food processor and pulse many times until whole batch looks like a "crumbly" texture. Scrape down sides as needed.
- Add milk (of choice) and the juice of the lime.
- Switch to "puree" setting and mix together for about 2 minutes or until desired creamy texture is achieved. Scrape down sides as needed.

- 2½ C Frozen Pineapple (*approx 16 oz Bag*)
- 1/3 C Coconut Cream*
- 2 T Coconut Milk*
- 2 T Maple Syrup

Note: Do not mix can of coconut cream, scrape out cream and then measure out milk from same can.

FROZEN PINEAPPLE

- Add frozen pineapple to food processor and pulse many times until whole batch looks like a "crumbly" texture. Scrape down sides as needed.
- Add coconut cream, milk, and maple syrup.
- Switch to "puree" setting and mix together for about 2 minutes or until desired creamy texture is achieved. Scrape down sides as needed.

You can serve all of these sorbet's immediately OR transfer to a storage container and freeze. If freezing overnight, then remove and thaw for about 15 minutes for best texture. ENJOY!