

Simple Sorbets

Ingredients:

- 3 to 3 1/2 cups of frozen fruit, thawed for just a few minutes to blend easier
- 1/2 cup of sweet liquid (honey, sweetened condensed milk, agave syrup and simple syrup are all good options)



Preparation:

In a food processor or blender, blend up frozen fruit with the sweet liquid until creamy. This will take a couple minutes to break down the frozen fruit and mix it with the liquid. Stop every now and then to scrape the sides as stick fruit gets stuck. The final consistency will be like soft serve, but you can freeze it for a more solid texture.

Flavor ideas:

- Strawberry, lime zest and basil
- Cantaloupe and fresh mint
- Mango
- Pineapple with coconut milk and lime juice



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