

BERRY BLAST SORBET



INGREDIENTS

- 3 CUPS MIXED BERRIES, FRESH OR FROZEN
- 1–2 TABLESPOONS FRESH LEMON OR LIME JUICE
- 1–2 TABLESPOONS HONEY OR MAPLE SYRUP, OPTIONAL
- 1–2 TABLESPOONS WATER, ONLY IF NEEDED FOR BLENDING

PREP TIME

10 MINUTES + FREEZING TIME

SERVINGS

4 SMALL SERVINGS

TIPS

- A COMBINATION OF STRAWBERRIES, RASPBERRIES, BLUEBERRIES, AND BLACKBERRIES CREATES A DELICIOUS BERRY FLAVOR.
- FROZEN BERRIES MAKE THIS RECIPE ESPECIALLY QUICK AND EASY.
- FOR A SMOOTHER SORBET, BLEND THE MIXTURE THOROUGHLY BEFORE FREEZING.
- IF THE SORBET BECOMES VERY FIRM, ALLOW IT TO SOFTEN SLIGHTLY BEFORE SCOOPING.

INSTRUCTIONS

1. PREPARE THE BERRIES: IF USING FRESH BERRIES, WASH THEM THOROUGHLY AND REMOVE ANY STEMS OR LEAVES. IF USING FROZEN BERRIES, YOU CAN USE THEM STRAIGHT FROM THE FREEZER.
2. BLEND: ADD THE BERRIES AND LEMON OR LIME JUICE TO A FOOD PROCESSOR OR HIGH-SPEED BLENDER. BLEND UNTIL SMOOTH AND CREAMY.
3. ADJUST THE SWEETNESS: TASTE THE MIXTURE. IF THE BERRIES ARE TART, ADD A SMALL AMOUNT OF HONEY OR MAPLE SYRUP. BLEND AGAIN UNTIL COMBINED.
4. ADJUST THE CONSISTENCY: IF THE MIXTURE IS TOO THICK TO BLEND, ADD WATER 1 TABLESPOON AT A TIME UNTIL IT REACHES A SMOOTH, SPOONABLE CONSISTENCY.
5. FREEZE: TRANSFER THE MIXTURE TO A SHALLOW, FREEZER-SAFE CONTAINER. COVER AND FREEZE FOR 2–3 HOURS, OR UNTIL FIRM.
6. SERVE: LET THE SORBET SIT AT ROOM TEMPERATURE FOR 5–10 MINUTES BEFORE SERVING. SCOOP INTO BOWLS AND ENJOY!

OPTIONAL TOPPINGS:

FRESH BERRIES, MINT LEAVES, LEMON ZEST, OR A FEW THIN SLICES OF STRAWBERRY.