

MANGO PINEAPPLE SORBET



Ingredients

2 cups ripe mango, peeled and chopped
2 cups fresh or frozen pineapple, chopped
1 tablespoon fresh lime or lemon juice
1–2 tablespoons honey or maple syrup, optional
2–3 tablespoons water or coconut water, only if needed for blending

Prep Time

10 minutes + freezing time

Servings

4–6 servings

Tips

Choose ripe, naturally sweet mangoes for the best flavor.
Frozen fruit makes this recipe quick and eliminates the need for a long freezing time before blending.
Fresh lime juice helps balance the sweetness and gives the sorbet a bright flavor.
For a smoother texture, blend thoroughly before transferring the mixture to the freezer.

Instructions

Prepare the fruit: Peel and chop the mango and pineapple into small pieces. If using fresh fruit, freeze the pieces for 2–3 hours or until firm.

Blend: Add the frozen mango, pineapple, and lime or lemon juice to a food processor or high-speed blender.

Blend until smooth: Process until the fruit becomes smooth and creamy. Stop occasionally to scrape down the sides.

Adjust the sweetness: Taste the mixture. If the fruit isn't sweet enough, add a small amount of honey or maple syrup and blend again.

Adjust the consistency: If needed, add water or coconut water 1 tablespoon at a time to help the mixture blend smoothly.

Freeze: Transfer the sorbet to a shallow, freezer-safe container. Cover and freeze for 2–3 hours, or until firm.

Serve: Allow the sorbet to sit at room temperature for 5–10 minutes before scooping. Serve immediately and enjoy!

Flavor Ideas

Tropical Twist: Add a little shredded coconut.

Mango Berry: Blend in a handful of strawberries.

Citrus Fresh: Add extra lime juice and a little lime zest.

Creamy Tropical: Blend with a small splash of coconut milk before freezing.