



# MANGO COCONUT SORBET

A scoop or two of this refreshing and refined sugar-free mango sorbet is perfect to cool down on a hot day



## Equipment:

Baking tray, high speed blender

## Makes:

2 cups sorbet

## Ingredients

2 cups mango, chopped (or other fruits\*)

½ cup coconut cream

*Note: Refrigerate coconut milk overnight to allow the cream to separate from the liquid and rise to the top. The next day, spoon out the coconut cream. You may also purchase a can of coconut cream for convenience.*

### \*Fruit Variations:

2 cups pineapple or

2 cups raspberry or

2 cups kiwis and 2 Tbsp lime juice

Ask your child to come up with their own sorbet flavors!

## Directions:

1. Spread chopped mango pieces on a baking tray and place in the freezer until frozen.
2. Purée frozen mango and coconut cream in blender until smooth.
3. Consume immediately or transfer to a ceramic container, cover with a lid, and freeze for no more than 2 hours or else it will harden like candy. Alternatively, store leftovers in molds and enjoy these as popsicles instead.