

INSTANT CHERRY SORBET

Who knew a delightful sorbet could be so darn easy! This fresh and fruity indulgence is sure to satisfy your craving for a frozen treat in under 5 minutes. The beauty of this recipe lies in its simplicity: no ice cream machine or churning required. Just your favorite frozen fruit blitzed in a food processor, or blender, along with a few simple ingredients and voilà! The perfect light and refreshing way to end any meal.

Prep time: 3 minutes

Serves 4 to 6



Purée the ingredients in a food processor or blender. Serve immediately.

Other frozen fruit ideas: Blueberries, raspberries, strawberries, blackberries, peaches, mangoes, pineapples, melons, mixed berries and any other mixed frozen fruit blends.

Ingredients:

10-12 ounce bag frozen cherries, or your choice of frozen fruit
squeeze of lemon juice
drizzle of maple syrup or honey, optional
1 tablespoon coconut oil, optional
 $\frac{3}{4}$ cup water, chilled coconut milk, or heavy cream