

RASPBERRY SORBET

INGREDIENTS:

- 3 cups raspberries
- 2 tbsp. raw honey
- 1 tsp. lemon juice
- 1/4 cup warm water, as needed

DIRECTIONS:

1. Lay out the fresh raspberries over a rimmed baking sheet lined with parchment paper.
2. Freeze the raspberries until completely solid, which should take at least 3-4 hours, but I usually just leave them in the freezer overnight.
3. Place the frozen raspberries into the bowl of a food processor or heavy duty blender, along with a little raw honey, and freshly squeezed lemon juice. Blend until smooth. Add water, as needed.
4. Eat immediately for a softer texture, or transfer into a freezer-safe container and freeze for 3-4 hours or until firm.

NUTRITIONAL INFORMATION:

80 calories, 12.7 g sugar, 1.9 mg sodium, 0.6 g fat, 19.8 g carbohydrates, 6 g fiber, 1.1 g protein



MANGO SORBET

INGREDIENTS:

- 2 mangos, diced (approx. 3 1/2 cups)
- 1 tsp. lime juice
- 1/4 cup warm water, as needed

DIRECTIONS:

1. Dice the fresh mangos and then lay them out over a rimmed baking sheet lined with parchment paper.
2. Freeze the mango until completely solid, which should take at least 3-4 hours, or overnight.
3. Place the frozen diced mango into the bowl of a food processor or heavy duty blender, along with freshly squeezed lime juice. Blend until smooth. Add water, as needed.
4. Eat immediately for a softer texture, or transfer into a freezer-safe container and freeze for 3-4 hours or until firm.



WATERMELON SORBET

INGREDIENTS:

- 3 1/2 cups watermelon, diced
- 1 tsp. lime juice
- Raw honey to taste (if watermelon is not sweet enough)
- 1/4 cup warm water, as needed

DIRECTIONS:

1. Remove the rind from a seedless watermelon and dice into cubes.
2. Lay out the cubed watermelon over a rimmed baking sheet lined with parchment paper.
3. Freeze the watermelon until completely solid, which should take at least 3-4 hours, or overnight.
4. Place the frozen watermelon into the bowl of a food processor or heavy duty blender, along with freshly squeezed lime juice, and raw honey. (Letting the frozen watermelon sit at room temperature for 3-5 minutes before blending really helps make the process easier.) Blend until smooth. Add water, as needed.
5. Eat immediately for a softer texture, or transfer into a freezer-safe container and freeze for 3-4 hours or until firm.



PEACH SORBET

INGREDIENTS:

- 4 medium peaches, sliced (approx. 3 1/2 cups)
- 1 tbsp. raw honey
- 1 tsp. lemon juice
- 1/4 cup warm water, as needed

DIRECTIONS:

1. Slice the ripe peaches and remove the pit.
2. Lay out the fresh peach slices over a rimmed baking sheet lined with parchment paper.
3. Freeze the peach slices until completely solid, which should take at least 3-4 hours, or overnight.
4. Place the frozen peach slices into the bowl of a food processor or heavy duty blender, along with a little raw honey, and freshly squeezed lemon juice. Blend until smooth. Add warm water, as needed.
5. Eat immediately for a softer texture, or transfer into a freezer-safe container and freeze for 3-4 hours or until firm.

