



CHERRY SORBET

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Serves: 4
Prep: 10 mins
Cook: 1 hr



Nutrition per
serving:
109 kcal
1g Fats
24g Carbs
2g Protein



GF

DF

V

WHAT YOU NEED

- 1 $\frac{3}{4}$ cups (400g) frozen pitted cherries
- 2 tbsp. honey
- 1 tbsp. lemon juice
- 4 tbsp. vanilla soy yogurt (e.g. Alpro)
- 4 tbsp. water
- mint leaves, to serve

WHAT YOU NEED TO DO

Blitz the frozen cherries in a food processor or high speed blender with the honey, 1 tbsp. of lemon juice, 4 tbsp. of yogurt and 4 tbsp. of water until smooth.

Spoon into a freezer-proof container then freeze for 1 hour.

Scoop out the sorbet into serving glasses, top with mint and serve immediately.

The ingredients will make approx. 8 scoops of sorbet (2 per serving).