



A Nutrition Resource

FRUIT SORBET

Yield: 5-7 Servings | Serving Size: 1/2 cup

Cost/Serving: \$0.41

Ingredients:

Try these refreshing flavor combinations or create your own!

Peach: 2 (15-ounce) cans sliced peaches in 100% fruit juice (makes 5 servings)

Pineapple: 1 (20-ounce) can crushed pineapple in 100% fruit juice (makes 5 servings)

Pineapple Banana: 1 (20-ounce) can crushed pineapple in 100% fruit juice plus 1 banana (makes 7 servings)

Directions:

- 1) Collect all ingredients and freeze cans before starting to prepare the recipe.
- 2) Place cans of fruit in freezer for at least 3 hours. Take out when fully frozen. *
- 3) Run frozen cans briefly under hot water or let them sit on counter for 30 minutes to loosen contents. Remove fruit from the cans and use a sharp knife to cut it into small pieces.
- 4) If using a banana, peel and cut into slices. Banana does not need to be frozen.
- 5) Place frozen, chopped fruit (and banana, if using) in the blender and blend until creamy.
- 6) Serve immediately.
- 7) Freeze any leftovers in a freezer-safe container or sealable plastic freezer bags.

*It is okay to freeze these cans overnight. They will not explode.

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Nutrition Facts

7 servings per container

Serving size 1/2 Cup (121g)

Amount Per Serving

Calories **50**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **7%**

Total Sugars 12g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 0mcg **0%**

Calcium 7mg **0%**

Iron 0mg **0%**

Potassium 156mg **4%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Note: Nutrition Facts shown are for Peach Sorbet.

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