

# FRESH FRUIT SORBETS!!



## Ingredients

### Blueberry Lemon Sorbet

1 Cup frozen blueberries

1/4 cup simple syrup

1/4 cup lemon juice

### Strawberry Orange Sorbet

1 Cup frozen strawberries

1/4 cup simple syrup

1/4 cup orange juice

### Strawberry Lemonade Sorbet

1 Cup frozen strawberries

1/4 cup simple syrup

1/4 cup lemon juice



#### How to Make Simple Syrup:

1 Cup water

1 Cup granulated sugar

In a small saucepan, heat water on stovetop and dissolve sugar until mixture is clear. Cool completely before using.

## Instructions

- Choose the sorbet flavor you would like to make.
- With the help of an adult, add all ingredients into a blender (make sure the top is on!!)
- Blend at medium speed until mixture is smooth.
- If the mixture is too thick, stop blender and scrape down sides to push the frozen fruit towards the bottom of the blender.
- Place the top back on and re-blend until mixture is smooth. (repeat as necessary)
- Pour mixture into individual cups or bowls and place in the freezer for 20-30 minutes until sorbet is set and can be eaten with a spoon!
- Enjoy a healthy frozen treat!