

Fabulous Fruity Sorbet

Recipe By *Mindy Rafalowitz*



Cooking and Prep:  6
h 45 m

Serves:  6

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Passover

Diet: Vegetarian, Gluten Free,
Low Fat, Pescetarian, Vegan,
Salt Free

Easy and light, bursting with natural taste and color, you'll want to make this sorbet all year around. Made from any fruit juice — fresh, squeezed, or bottled — they all come out great! We use bottled nectar, like peach and apricot. My favorites are made from strawberries, orange juice, and Kedem Grape Juice.

Ingredients (4)

Main ingredients

- 3 cups boiling water
 - 1–1 and 1/2 cups sugar (adjust according to the sweetness of the juice)
 - 3 cups fruit juice or 1 and 1/2 cups pureed fruit
 - 1/2 cup lemon juice
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Start Cooking

Prepare the Sorbet

1. In a medium saucepan, melt the sugar in the boiling water, stirring continually.
2. Add the fruit juice or puree and lemon juice. Stir to mix well.
3. Pour into a plastic container, and freeze, covered, until almost frozen through — about six hours.
4. Remove the sorbet from the freezer.
5. In a food processor, puree the sorbet on high using the knife attachment until smooth and velvety.
6. Serve immediately or return it to its container and freeze to serve another time.
7. Remove from the freezer about 10 minutes before serving to make sure it will be soft enough to scoop out.

Tip:

Make a few flavors and wow your crowd with an array of colorful sorbet balls.

About

Purchase **Take It Easy!** online or at a bookstore near you – an innovative cookbook with close to 150 gluten-free, deliciously easy recipes and tips for all year around!

Kids It's Easy! – my new children's cookbook filled with fun-tastic, fast ideas for young and old!

To hear what's cooking or to sign up for the Take It Easy newsletter, contact Mindy at: mitbashelpo@gmail.com.