



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.

*This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart being Active program.*

### 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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