

Mango Sorbet

GREEN ACT/SA / Everyday NSW

Makes 10 serves

Ingredients:

- 5 cups diced mango, diced (Fresh or Frozen)
- 2 tablespoons of lemon juice

Method:

1. Place diced mango in the freezer overnight until frozen.
2. Blend fruit with the lemon juice in a food processor until smooth.
3. Serve immediately or place back in the freezer.

Tips: Use the lemon juice to make the sorbet thinner if required

Variations: Try adding frozen banana for a tropical flavour

Nutrition information:

	Per serve (66g)	Per 100g
Energy (kJ)	168	254
Protein (g)	0.4	0.6
Fat – total (g)	0.3	0.5
Fat – saturated (g)	0.07	0.1
Carbohydrates – total (g)	8.2	12.5
sugar (g)	8.1	12.2
Sodium (mg)	3.2	4.9
Fibre (g)	1.1	1.8