



Homemade Fruit Sorbet

Maintenance/Treatment to be mixed into your fruit sorbet: flours (alfalfa, chestnut, chickpea, pea protein, lentil, soy protein), ground nuts/seeds

Supplies:

- Food processor

Ingredients:

- 8 oz raspberries or 8 oz peaches (can substitute with other fruits of choice – apricot, watermelon, blackberry, kiwi, cherries) - can purchase fruits frozen or fresh.
- 3-4 tablespoons sugar syrup or agave nectar, maple syrup (to keep it refined sugar-free), or orange juice (if you prefer less sweet)
- Optional: Lemon juice
- Maintenance flours, ground nuts, or ground seeds



Instructions for Simple Syrup:

1. Add 1 cup of water and 1 cup granulated sugar (or brown sugar or honey) to a saucepan over medium-high heat.
2. Bring mixture to a simmer and cook, swirling the pan occasionally, until the sugar has completely dissolved.
3. Cool then store in an airtight container. Can store in the fridge for up to 4 weeks.

Instructions for Homemade Sorbet:

1. For fresh peaches and non-berry fruits, cut up the fruit into small ½-inch cubes then freeze for 1-2 hours. If using frozen fruits, skip this step.
2. Roughly weight out 8 oz of frozen fruit and place in a food processor or ice-crushing blender
3. Pulse to crush the fruits into small pieces and add the simple syrup, 1 tablespoon at a time (while pulsing) to create a smooth sorbet-like paste
4. Add a squeeze of lemon juice and run the blender for a few seconds to mix
5. Spoon it into a bowl then mix your maintenance flours, and ground nuts/seeds.

Storage:

- Can store sorbet in the freezer for up to 3 months. Remove from the freezer to thaw at room temperature for a softer consistency.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: tree nuts