

PEACH SORBET

PREP TIME: 20 min

COOK TIME: n/a

SERVINGS: 3

SERVING SIZE: 1 cup



Adapted from: <https://www.asweetpeachef.com/peach-sorbet/>

INGREDIENTS

- 4 medium peaches or 3 ½ cups frozen peaches
- 1 tbsp. honey
- 1 tsp. lemon juice, freshly squeezed
- 1/4 cup warm water, as needed

DIRECTIONS

1. Peel and slice ripe peaches and remove the pit.
2. Lay out the fresh peach slices on baking sheet lined with parchment paper.
3. Freeze the peach slices until completely solid, at least 3-4 hours, or overnight.
4. Place the frozen peach slices into the bowl of a food processor or heavy duty blender, along with a little honey, and lemon juice. (Use honey to taste—ripe peaches may need less, tart peaches may need more)
5. Blend until smooth.
6. You may need to add a little warm water to get a smooth texture. Press down with a spatula to help the process along.
7. Eat immediately for a softer texture, or transfer into a freezer-safe container and freeze for 3-4 hours or until firm.

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