

Watermelon & Mint Sorbet

Servings 4 | Prep Time 10 mins | Total Time 4 Hrs
10 mins

INGREDIENTS

3 - 4 cups fresh Watermelon chunks
(deseeded)

2-3 tsp Lime juice

¼ cup warm Water (as needed)

Raw Honey (optional to taste)

2 sprigs fresh Mint (chopped)

METHOD

1. Freeze watermelon chunks for 4 hours – or best overnight
2. Place the frozen watermelon chunks in a food processor or a blender, along with lime juice, and allow to sit for 5 minutes to slightly thaw.
3. Blend until smooth. You may need to add some of the warm water and press down with a spatula to help the process along.
4. Eat immediately for a softer texture, or transfer into a freezer-safe container and freeze for 3-4 hours or until firm.

SHOPPING LIST

Watermelon

Lime Juice

Warm Water

Raw Honey

Mint

