

Mango Sorbet

(NO-CHURN RECIPE)



Prep Time: 15 min | Total Time: 15 min | Servings: 4

INGREDIENTS

4 cups frozen mango
2 tablespoons lemon juice
pinch of pink salt
mint to garnish

DIRECTIONS

Place the frozen mango in the food processor or high speed blender and pulse until slightly chopped.

Scrape down the sides of the bowl and add in the lemon juice, and salt.

Continue the process of scraping down the sides as needed.

The sorbet can be enjoyed immediately or put in a sealed container and stored in the freezer for up to two weeks.
(Remove from the freezer for about 10-15 minutes before serving.)

Source: Dr. Helen