

# Passion Fruit and Guava Sorbet

4 Servings



rediscover  goodness  
**OLDWAYS**

## Ingredients

1 cup cold water  
1/4 cup ice  
1 piece fresh ginger root (optional)  
Agave to taste (optional)  
1/2 cup passion fruit (fresh or frozen)  
1/2 cup guava (fresh or frozen)

1/8 teaspoon ground cloves  
1/8 teaspoon ground allspice  
1/4 teaspoon ground nutmeg  
1/2 teaspoon ground cinnamon  
1 teaspoon vanilla extract



## Instructions

1. Place ginger and water into food processor or blender. Process until ginger is finely chopped.
2. Add ice, agave, passion fruit, guava, cloves, allspice, nutmeg, cinnamon, and vanilla to the container with ginger mixture. Blend until fully incorporated or desired consistency. Do not over mix or melting will occur.
3. Serve immediately or freeze unused portion for later use and enjoy!

*Recipe and photo courtesy of Five Loaves Two Fish Healthy Teaching Kitchen.*

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