The simplest way...
to make pineapple sorbet.

On a hot summer’s afternoon, there’s nothing better than some refreshing sorbet. Why not make it yourself? It’s easy, cheap and fun!

Ingredients
440g can crushed pineapple in natural juice, frozen

Method
Roughly chop frozen fruit and place in the bowl of a food processor. Process until fruit becomes granular. Scrape down sides of bowl with a spatula and process again. Repeat 4-5 times until fruit mixture is a smooth, thick and creamy texture. Spoon into bowls and serve immediately with fresh fruit, if desired.

For more information visit www.eatittobeatit.com.au
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The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.