

LEMON & MANGO SORBET



Who doesn't love icy cold sorbet on a hot day? You don't need a fancy ice cream machine to make soft, tasty and refreshing sorbet at home. Whiz it up in your Mealio® Hot & Cold Blender and enjoy in your favourite cone or cup.

INGREDIENTS

- 1 ½ cups frozen mango cubes, slightly thawed
- 2 ripe bananas
- ½ cup lemon juice
- ¼-½ cup maple syrup, depending on desired sweetness

Toppings:

- ½ tsp cinnamon
- 2-3 Tbsp maple syrup

SERVES: 4

SETTING: QUICK CRUSH

PREP TIME: 5 MIN

**BLEND TIME: 50 SEC + 4 HRS
FREEZE TIME**

DIRECTIONS

- 1. In your Mealio® Hot & Cold Blender add all of the ingredients in the following order - lemon juice, maple syrup, bananas and mango. Select 'QUICK CRUSH' and blend the mixture until smooth and creamy.**
- 2. Pour the mixture into a metal or glass container and store in the freezer for at least 4 hours.**
- 3. Combine cinnamon with maple syrup for the topping.**
- 4. When ready to serve, scoop into a bowl, pour over topping and serve immediately.**