

Kiwi Sorbetto



By Chef Amanda DeLaura

Nothing brought more instant joy and gratification than buying a small cone of gelato or sorbet on my commute home in the midsummer heat of Florence, Italy. Some of my favorite flavors include strawberry, melon, and kiwi. Beyond delicious and incredibly satisfactory, homemade sorbet is also easy to make! Buy yourself some fresh fruit (you can substitute anything for the kiwis) and bon appétite!

Serves 8

Ingredients:

1 1/2 cups sugar water, *3/4 cup water & 3/4 cup monk fruit sweetener*
3 kiwis, *or about 270g fruit pulp of any kind*
1 cup water
Lemon zest or shaved coconuts (*garnish*)

Directions:

1. To make “sugar water”, combine 3/4 cup water with 3/4 cup classic monk fruit sweetener. Warm over medium heat on the stove and mix till the sugar is fully dissolved. Remove from heat and let cool.
2. Meanwhile, peel the kiwis and chop into large chunks. Blend in a blender with the 1 cup of water. Add the prepared sugar water and continue to blend. Pour mixture into a shallow dish pan and let freeze for 30+ minutes (or until serving). Before serving, scoop the mixture into a food processor or blender and re-blend to create a very smooth, creamy, and delicious sorbet. Garnish with lime zest or shaved coconut, as desired.