



# Recipes

## Desserts

### **Mango Blueberry Sorbet**

*Prep Time: 5 minutes*

*Cooking Time: None*

*Yield: 6 servings*

#### **Ingredients:**

- 1 bag frozen mango
- 1 bag frozen blueberries
- 1 tablespoon agave syrup or honey
- 1/4 cup apple juice

#### **Directions:**

1. Put all ingredients into a blender or Vita-Mix.
2. Blend until creamy, about one minute. You may have to scrape down the sides of the machine a few times if using a regular blender.
3. Serve immediately.
4. Place the rest in a Tupperware in the freezer to enjoy later.

#### **Variation:**

You can use any frozen fruit you like or freeze fresh fruit such as bananas and strawberries.