



Berry sorbet (family)



Serves: 4-6

Ingredients (include brand)	Amounts		Common allergens present	Ingredient substitution options
	Quantity	Units		
Fresh or frozen berries (any type)	1	kg		
Lemon juice	1	Tbsp		
Sugar or honey (can use less or omit)	1/2	cup		
Cold water	1/4	cup		

Procedure

If using fresh berries:

Step 1: Place all ingredients in a blender/food processor and blend until smooth.

Step 2: Place in tray/serving dish in freezer for 4 hours.

Step 3: Remove from freezer and stir, then place back into freezer until set (another 4 hours or overnight).

If using frozen berries:

Step 1: Place all ingredients in a blender/food processor and blend until smooth.

Step 2: Add more water or lemon juice if needed.

Step 3. Scoop into a tray/serving dish.

Step 4: Place back into freezer until set (another 4 hours or overnight).

Common allergens present:

<input type="checkbox"/> Milk (dairy)	<input type="checkbox"/> Egg	<input type="checkbox"/> Fish	<input type="checkbox"/> Crustacean	<input type="checkbox"/> Mollusc
<input type="checkbox"/> Sesame	<input type="checkbox"/> Lupin	<input type="checkbox"/> Soy	<input type="checkbox"/> Peanut	<input type="checkbox"/> Wheat
<input type="checkbox"/> Barley	<input type="checkbox"/> Oats	<input type="checkbox"/> Rye	<input type="checkbox"/> Gluten	
Tree nuts:				
<input type="checkbox"/> Almond	<input type="checkbox"/> Brazil nut	<input type="checkbox"/> Cashew	<input type="checkbox"/> Hazelnut	<input type="checkbox"/> Macadamia
<input type="checkbox"/> Pecan	<input type="checkbox"/> Pine nut	<input type="checkbox"/> Pistachio	<input type="checkbox"/> Walnut	