

Dose of Nutrition
Tropical Citrus Sorbet
BY HUMA NAZ







Serves 2

Total time: 5 mins.

Vegetarian

## **INGREDIENTS**

- 1 cup frozen pineapple chunks
- 1 cup frozen mango chunks
- 1/4 cup water or other liquid like fresh orange juice or coconut water or milk
- Garnish: lime slice and mint leaves (optional)



## **INSTRUCTIONS**



- Blend the mango chunks and pineapple until smooth. Gradually add a splash of liquid to help blend the sorbet.
- Serve immediately for a "soft serve" sorbet version, or freeze(~1 hour +) the fruit mix for a more firmer sorbet version.