

# HEALTHY COOKING WITH NICOLE

## Dairy Free Fruit Sorbet

### INGREDIENTS

- 1/2 of a frozen banana
- 1 1/2 cups frozen fruit
- 1/2 cup organic canned coconut milk

### PREPARATION

#### Measure fruit in a liquid measuring cup

You will need two cups total including the banana. You can

use any type of fruit you like. I used mango, raspberries, and strawberries. When my bananas get too ripe, I peel them, then cut or break them into smaller pieces and place them in a sandwich bag. Then you can freeze them until you are ready to use them. You can

do the same with extra fresh fruits like strawberries, mangoes and raspberries.

**Add to blender or food processor-** if your blender is small, let the fruit thaw out a bit so it will blend easier.

**Top with milk-** if you do not have or want coconut milk, add a milk you enjoy. Canned coconut milk is a little thicker so it will make a creamier sorbet.



