

Peach Sorbet

3 ingredients · 35 minutes · 2 servings



Directions

1. Let the peaches thaw for five minutes before placing them into a food processor with the water and maple syrup. Blend until smooth. Transfer to a bowl and freeze for 30 to 35 minutes or longer for a firmer texture.
2. Scoop into bowls and enjoy!

Notes

Leftovers

Freeze in an airtight container for up to one month. Thaw for 15 to 20 minutes before serving.

Serving Size

One serving is approximately 3/4 cup.

No Maple Syrup

Use honey instead.

Ingredients

462 grams Frozen Peaches

79 milliliters Water

60 grams Maple Syrup

Nutrition

Amount per serving

Calories	168	Vitamin D	0IU
Fat	1g	Vitamin E	2mg
Carbs	42g	Vitamin K	6µg
Fiber	3g	Thiamine	0.1mg
Sugar	38g	Riboflavin	0.5mg
Protein	2g	Niacin	2mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	4mg	Folate	9µg
Potassium	503mg	Vitamin B12	0µg
Vitamin A	753IU	Phosphorous	47mg
Vitamin C	15mg	Magnesium	28mg
Calcium	48mg	Zinc	1mg
Iron	1mg	Selenium	0µg