
Peach and Pineapple Sorbet

2Puppies2

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Servings: 8

Preparation Time: 10 minutes

Start to Finish Time: 5 hours 30 minutes

1/2 cup sugar

1/2 cup water

5 peaches (5 cups), peeled, pitted and diced

3/4 cup diced pineapple

orange food coloring (optional)

In a small saucepan over medium heat, stir together the sugar and water. Cook, stirring, until the sugar is dissolved and reaches a syrup consistency. (You will need 3/4 cup of syrup.) Remove from the heat and let cool to room temperature, about one hour.

In a blender or food processor, blend the peaches, pineapple, syrup, and, if using, a few drops of food coloring until smooth.

Pour the mixture into an ice cream maker and freeze according to manufacturers directions.

Transfer to an airtight container and freeze until firm, four hours or overnight.

Dessert

Per Serving (excluding unknown items): 55 Calories; trace Fat (1.0% calories from fat); trace Protein; 14g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Fruit; 1 Other Carbohydrates.