

Instant Lavender Peach Sorbet



Makes: 6 servings



Total Time: 15 minutes

Ingredients:

One 12-16 ounce bag of frozen peaches or your favorite frozen fruit
1 frozen banana (peel before freezing and store in freezer bag)
1 Tbsp. superfine sugar , or more to taste
2 Tbsp. D'Avolio Lavender Balsamic Vinegar

PREPARATION

1. Remove banana from the freezer to thaw slightly about 7 minutes before beginning.
2. Add frozen peaches and banana to the bowl of a food processor. Pulse to break up frozen fruit. You may need to add water a quarter cup at a time to begin the process. Scrape sides of bowl as needed.
3. When fruit begins to break apart and add sugar and vinegar and process continuously until smooth, about another minute. Add more sugar if desired.
4. Serve drizzled with more vinegar.

Nutrition: 70 calories; 0g fat; 17g carbohydrates; 0g protein; 2g fiber; 0mg sodium

