Fruit Sorbet

Makes: 5 to 7 servings (½ cup per serving)
Freezing Time: at least 3 hours
Preparation Time: 10 minutes

Ingredients
Try these refreshing flavor combinations, or create your own!
Peach: 2 (15 ounce) cans sliced peaches in 100% fruit juice (makes 7 servings)
Pineapple: 1 (20 ounce) can crushed pineapple in 100% fruit juice (makes 5 servings)
Pineapple Banana: 1 (20 ounce) can crushed pineapple in 100% fruit juice plus 1 banana (makes 7 servings)

Directions
1. Collect all ingredients and freeze cans before starting to prepare the recipe.
2. Place cans of fruit in freezer for at least 3 hours. Take out when fully frozen.*
3. Run frozen cans briefly under hot water, or let them sit on counter for 30 minutes to loosen contents. Remove fruit from the cans, and use a sharp knife to cut it into small pieces.
4. If using a banana, peel, and cut into slices. Banana does not need to be frozen.
5. Place frozen, chopped fruit (and banana, if using) in the blender, and blend until creamy.
7. Freeze any leftovers in a freezer-safe container or sealable plastic freezer bags.

* It is ok to freeze these cans overnight. They will not explode.

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