

Watermelon Sorbet

PREP TIME: 15 MINS

YIELDS: 4-4.5 CUPS

Ingredients

- 4 cups fresh watermelon
- ½ cup coconut cream
- 2 tablespoons honey

Nutrition Content for 1 Cup

Calories: 161kcal

Fat: 10.6g

Protein: 1.7g

Sodium: 2.6mg

Carbohydrates: 18.2g

Fiber: 1.1g

Added sugar: 8.7g



Directions

1. Cut the watermelon into cubes, then freeze overnight. Refrigerate the can of coconut cream overnight as well to solidify.
2. The next day, blend the frozen watermelon cubes in a blender or food processor.
3. Add the chilled coconut cream & honey to the blender/food processor with the chopped frozen watermelon.
4. Serve immediately or transfer to a freezer safe container and store in the freezer for future use.

Chef Tips/Adjustments

- Once the watermelon is chopped, it melts rather quickly so be sure to have all ingredients ready to combine.
- Honey can be adjusted as desired for a sweeter taste. This will also depend on the ripeness of the watermelon.

Qualities

Texture: Thick

Rating for Scent : 2/10

Spice Level: 0/10

Recipe Benefits

- Anti-Nausea
- Anti-inflammatory
- Hydrating

