



Homemade Peach Sorbet

Prep Time	Cook Time	Total Time	Serving Size	Energy
10 min	1 hr	1 hr 10 min	1/2 c	53 cal

Ingredients

- ✓ 6 medium peaches
- ✓ 1 tbsp honey
- ✓ 1/2 lemon
- ✓ 1 1/2 c water

Preparation

1. Peel peaches and remove pit
2. Place peeled peaches in a bowl and store in freezer until frozen. Overnight for best results.
3. In a high speed blender combine frozen peaches, honey, water, and the juice from half a lemon
4. Blend until smooth.
5. Eat immediately for soft serve consistency or store in freezer, up to an hour, for more of a firm texture.