



Mango Pineapple Sorbet

Ingredients:

1 orange, peeled & halved
1 cup fresh pineapple chunks
2 tbs agave nectar (or your choice of sweeteners, to taste)
1-1/2 tsp fresh lime juice
2 cups frozen mango chunks

Instructions:

Add ingredients to blender jar in order listed and secure lid. Select "ice cream" cycle or blend on a low speed for 15 seconds, then on a medium high speed for 30 seconds and serve.

Nutritional Information:

- Servings: 7
- Servings size: ½ cup
- Calories: 72 kcal
- Carbohydrates: 19 g
- Sugar: 19 g
- Total Fat: 0 g
- Saturated fat: 0 g
- Protein: 0.5 g
- Fiber: 2 g
- Sodium: 0 mg
- Cholesterol: 0 g