

Sweet Strawberry Sorbet

An all-natural dessert the whole family will love.



INGREDIENTS:

2 medium bananas,
sliced and frozen

Can (14 oz) light
coconut milk

1 1/2 cups of frozen
strawberries

2-3 tablespoons of pure
maple syrup

DIRECTIONS:

1. Add bananas and coconut milk to a blender. Blend until smooth, scraping down the sides of the blender as needed.
2. Add strawberries and maple syrup. Blend until smooth, again scraping down the sides of the blender as needed.
3. Pour into an airtight, freezer-friendly container and place in the freezer. Freeze for 4-6 hours, stirring once every hour for the first four hours.
4. When stirring, make sure to scrape down the sides of the container. Stir for about one minute each time.
5. Enjoy immediately! If you plan to keep it overnight or enjoy later in the week, allow to thaw for 15-20 minutes before scooping.



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