

Frosted Fusions

Keep Cool & Fuse The Flavours

Easy No-Churn Fruit Sorbet Recipe Card

A fun, fuss-free frozen treat kids can help make — perfect for summer holidays!

Ingredients


- 500g frozen summer fruits (strawberries, raspberries, mango, or a mix)
- 100ml orange or apple juice
- 2 tbsp honey or agave (optional, to taste)
- Juice of ½ lemon





Method


- 1** Blitz all ingredients in a food processor or blender until smooth and creamy.
- 2** Taste and adjust sweetness if needed.
- 3** Pour into a freezer-safe container and freeze for 2–3 hours until scoopable.
- 4** If too firm, let sit at room temp for 5–10 mins before scooping.


Tips & Ideas

 **Flavour swaps:** Try this method with mango, pineapple, peach, or even watermelon — just adjust sugar to taste depending on fruit sweetness.

 **Citrus zing:** A squeeze of lemon or lime juice will brighten the flavours and balance the sweetness beautifully.

 **Freeze smart:** Pour the blended mixture into ice cube trays or silicone moulds for fun, easy-to-portion mini treats.

 **Serving idea:** Scoop into cones, layer with yoghurt in a sundae glass, or blend a cube with sparkling water for a fruity cooler.

 **Freeze in lolly moulds** for fruity ice pops.

