

# Frosted Fusions

Keep Cool & Fuse The Flavours

## Spiced Rum Punch Sorbet

*A Caribbean-inspired frozen treat, warming and refreshing with a tropical twist  
- One of sour, two of sweet, three of strong, four of weak!*

### Ingredients:

- 300ml pineapple juice
- 150ml orange juice (fresh or not-from-concentrate)
- 80ml dark rum (or more to taste)
- Juice of 1 lime
- 100g caster sugar (adjust to taste)
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- Pinch of ground clove (optional)



### Method:

1. **Make a syrup:** In a small saucepan, gently heat sugar with 1 tbsp water until fully dissolved. Remove from heat.
2. **Mix it up:** In a large jug or bowl, combine all the juices, rum, spices, and sugar syrup. Stir well and taste – adjust spices or sweetness to preference.
3. **Chill:** Refrigerate mixture for at least 2–3 hours or until thoroughly cold.
4. **Churn:** Pour into your ice cream/sorbet maker and churn per manufacturer's instructions.
5. **Freeze:** Transfer to a lidded container and freeze for 4–6 hours until firm.



### Tips & Notes

- 💡 Try folding through crushed cookies, chocolate chips, or fresh berries before freezing
- 💡 Add a splash of rum or bourbon for grown-up flair.
- 💡 *Vanilla upgrade:* If you don't have a vanilla pod, you can use 2 tsp of high-quality vanilla extract instead.