

KIWI SORBET

Preparation Time: 10 – 18 minutes depending on amount *(Excludes freezing time)*

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
Ingredients:				
Kiwi fruit	4 Medium	8 Medium	12 Medium	16 Medium
White grape juice	1 Cup	2 Cups	3 Cups	4 Cups
Lemon, juice	2 tsp	4 tsp	6 tsp.	8 tsp.
Egg whites	1 Large	2 Large	3 Large	4 Large

Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.

Instructions:

- Peel and dice the fresh kiwi fruits.
- In a bowl, lightly toss the fresh kiwi fruit in the lemon juice to prevent the fruit from turning brown.
- Spread the fruit on a tray and place into the freezer until the fruit has frozen solid.
- Put the grape juice into the refrigerator to keep cold.
- Place the frozen fruit and grape juice into a food processor and blend until smooth.
- Beat the egg whites to soft peak stage.
- Fold the egg whites into the fruit mixture.
- Spoon the sorbet into a container, and freeze again for a few hours before serving.
- Serve round scoops of sorbet with a sprig of mint.

Tips to Reduce Preparation & Cooking Time:

- Use a sharp knife to cut the kiwi fruits, this will reduce preparation time.
- Use a food processor to chop the kiwi fruits into small pieces.
- Spread the fruit mixture onto multiple trays to reduce the time needed to freeze the fruit.

Kiwi Sorbet - Analysis per Serving	
Energy:	
Calories (kcal):	153
Protein (g):	2.9
Total Fat (g):	0.8
Saturated Fat (g):	0.0
Monounsaturated Fat (g):	0.0
Polyunsaturated Fat (g):	0.0
Omega-3's (g):	0.0
Cholesterol (mg):	0.0
Carbohydrates (g):	36.8
Of which is sugars (g):	0.0
Fiber (g):	3.2
Sodium (mg):	27.0