



EATING SMART
BEING ACTIVE

Fruit Sorbet

Makes: 5 to 7 servings (½ cup per serving)

Freezing Time: at least 3 hours

Preparation Time: 10 minutes

Ingredients

Try these refreshing flavor combinations, or create your own!

Peach: 2 (15 ounce) cans sliced peaches in 100% fruit juice (makes 7 servings)

Pineapple: 1 (20 ounce) can crushed pineapple in 100% fruit juice (makes 5 servings)

Pineapple Banana: 1 (20 ounce) can crushed pineapple in 100% fruit juice plus 1 banana (makes 7 servings)

Directions

1. Collect all ingredients and freeze cans before starting to prepare the recipe.
2. Place cans of fruit in freezer for at least 3 hours. Take out when fully frozen.*
3. Run frozen cans briefly under hot water, or let them sit on counter for 30 minutes to loosen contents. Remove fruit from the cans, and use a sharp knife to cut it into small pieces.
4. If using a banana, peel, and cut into slices. Banana does not need to be frozen.
5. Place frozen, chopped fruit (and banana, if using) in the blender, and blend until creamy.
6. Serve immediately.
7. Freeze any leftovers in a freezer-safe container or sealable plastic freezer bags.

* It is ok to freeze these cans overnight. They will not explode.

Peach

Nutrition Facts	
7 servings per container	
Serving size	1/2 Cup (121g)
Amount Per Serving	
Calories	50
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 156mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pineapple

Nutrition Facts	
5 servings per container	
Serving size	1/2 Cup (113g)
Amount Per Serving	
Calories	70
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 138mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pineapple Banana

Nutrition Facts	
7 servings per container	
Serving size	1/2 Cup (98g)
Amount Per Serving	
Calories	60
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 0mg	0%
Potassium 159mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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