

RECIPE | MELONS

MELON MINT SORBET



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Recipe created by *Heather England*



INGREDIENTS

- 2 Pure Flavor® Solara® Mini Melons
- ½ **cup** water
- ¼ **cup** honey
- ¼ **cup** fresh mint leaves, minced
- Fresh mint, for garnish
- Coconut cookie straws, optional for garnish

DIRECTIONS

- 1 Halve the melons and scoop out the seeds.
- 2 Scoop out the flesh, dice the melon, and set melon bowls aside.
- 3 Place the diced melon on a parchment paper lined baking sheet and place in the freezer for 1 hour and 45 minutes until the melon is frozen solid.
- 4 In a small pot on low heat, add honey and water. Whisk together until combined. Let cool.
- 5 Add frozen melon cubes into a high-speed blender and pulse until the melon is broken down. Then add the cooled syrup and mint in slowly until it's a nice, smooth consistency.
- 6 Pour the sorbet in a freezer safe bowl and put back into the freezer for an additional 15 minutes.
- 7 To serve, remove the sorbet from the freezer. Scoop the sorbet out with an ice cream scoop and serve in the mini melon bowls. To serve, garnish with mint and optional cookies.



2 hr 10 min

10 min | **2 hr**
PREP. | COOKING



4



easy