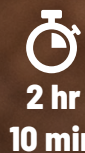




RECIPE | MELONS

MELON MINT SORBET



10 min
PREP.

2 hr
COOKING



INGREDIENTS

Recipe created by Heather Englund

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.