

Foodnity Recipes

Kiwi Sorbet Recipe – Quick 25-Minute Treat

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**International** Cuisine

Ingredients

Main Ingredients

- [ ] 4 ripe kiwis, peeled and chopped
- [ ] 1/4 cup fresh lime juice
- [ ] 2 tbsp honey (or maple syrup)
- [ ] 1 cup water
- [ ] Pinch of sea salt
- [ ] Optional: 1 tbsp finely chopped fresh mint

Instructions

1. Gather all ingredients. Peel the kiwis, slice them, and place in a blender.
2. Add lime juice, honey, water, and a pinch of salt. Blend until completely smooth; the mixture should be bright green and fragrant.
3. Taste the mixture; if you'd like it sweeter, drizzle a bit more honey. If the kiwi is very tart, add a splash more water.
4. Pour the puree into a shallow metal pan and place in the freezer. Every 5 minutes, stir vigorously with a fork to break up ice crystals, for about 15-20 minutes, until a soft-serve texture forms.
5. Fold in the optional mint, then transfer to a sealed container. Freeze another 10 minutes for firm sorbet.
6. Serve chilled, optionally garnish with a sprig of mint or a few kiwi slices.

Nutrition per serving

120 kcal	2 g	28 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a smoother texture, you can blend the mixture through a fine-mesh sieve before freezing.
- If you have an ice cream maker, pour the blended mixture directly into it and follow the manufacturer's timing, usually 10-12 minutes.
- Adjust the lime to taste; a little extra brightens the kiwi's natural sweetness.