

Mango Sorbet

This simple 3 ingredient mango sorbet is a breeze to make and perfect for a quick, but full of flavour, dessert.

🕒 Preparation 5 minutes ⌚ Total 5 minutes 2 portions

Ingredients

or

165 grams of frozen mango

or

15 grams of syrups, maple or 1 1/2 tbsp

or

60 grams of yogurt, low fat, plain

Cooking method

1
Place all the ingredients in a food processor or blender and blend together until smooth.

2
Serve immediately.