



## SUMMER BLACK DORIS PLUM SORBET



 **Serves**  
6

 **Prep Time** 10 minutes (PLUS freeze time 8+ hours or overnight)

 **Easy**  
As



### INGREDIENTS

- 850g can **Wattie's Black Doris Plums in Syrup**

### METHOD

1. Drain the **Wattie's Black Doris Plums** and reserve the syrup. Remove the stones from the plums and place the plums and syrup in a food processor or blender and blend until smooth.

2. Pour plum pulp into a low sided tray. Cover and place in the freezer until the mixture is frozen. Freezing time will depend on the depth of tray.
3. Scoop the frozen mixture back into the food processor or blender and blend until smooth. Pour the sorbet into a deep container (this will allow it to be scooped when frozen). Cover and freeze again until firm, about 6–8 hours. Scoop into individual serving dishes.

## TIPS

- This recipe gets the Healthy Pick for Baking and Desserts.
- Re-blending the sorbet after the initial freezing time gives the sorbet a smoother and lighter texture.

## SWAP IT OUT

- To make a peach sorbet replace plums with **Wattie's Peach Slices in Light Syrup** and add the juice of an orange.