



Pina Colada Sorbet/ Popsical

Overview

Difficulty: Easy

Servings: 4

Preparation Time: 20 Minutes

Cooking Time: 2 Hours

Ingredients

600g Fresh Pineapple – Frozen

200g Fresh Coconut – Frozen

150ml Coconut Cream

50ml Whipping Cream

100g Milk

20g Icing Sugar

Step 1.

Peel and cut the flesh of the pineapple and coconut into small strips. Remember to remove the ‘eyes’ on the pineapple. Freeze both fruits overnight.



Step 2.

Mix the frozen pineapple and coconut strips with the rest of the ingredients within a bowl.



Step 3.

Add the Sorbet Filter to the Vita Extract Slow Juicer.



Step 4.

Cover the spout of the Vita Extract Slow Juicer with the black lid, then shift the lever to the left. Next, add the frozen fruit mix into the juicer.



Step 5.

Freeze your sorbet again for best results. Depending on how you would like your sorbet, you may serve it like an ice-cream, or create popsicals by pouring the mixture into moulds, and then freeze them.

