



BEC
BALDRY
WELLNESS



WATERMELON SORBET

SERVES 1

INGREDIENTS

- 3 cups frozen watermelon chunks
- 5 sprigs fresh mint (finely chopped)
- 1 Medjool date (pitted)
- 1 tsp pure maple syrup
- ½ Tbsp lime juice
- 1-2 Tbsp of water (or more)

METHOD

1. Add all ingredients to a blender and blend until a thick, smooth consistency
2. Pour ice cream mixture into a silicone loaf pan and allow it to set in the freezer overnight.
3. Remove from the freezer for 5-10 minutes before serving!

NOTE: You can add 1-2 frozen bananas to the mixture if you'd like a thicker consistency