



Catholic Health Initiatives

Imagine better health.®

Kiwi Sorbet

Serves 4

Prep/cooking time:

Approximately 30 minutes

Ingredients:

8 kiwis, peeled

4 tbsp. honey

1 lemon



Kid Pleasing

Directions:

Puree kiwis using food processor or blender. Add honey and lemon juice and blend until smooth. Pour into a shallow container and freeze. Once frozen, divide into bowls and enjoy!

Harvest of the Month

kiwi