

DRAGONFRUIT SORBET

Dragonfruit is the amazing fruit of a cactus, easily grown in full sun in your yard. Fruits can be red or white. Here sorbet of a red fruit is in a white dragonfruit!!! Dragonfruit can be used in fruit salads and with a squeeze of lime..

Serves 3-4

INGREDIENTS

- 4 large dragonfruit
- Juice and zest of 4 local limes
- 2 cups sugar
- 2 cups water



WHAT TO DO

- Zest and juice the limes or lemons
- Heat the sugar, water and lime zest in a medium saucepan until the sugar has completely dissolved.
- Set aside to cool.
- Cut the dragonfruit flesh from the dragon fruits
- Add the dragonfruit flesh and lime juice into the syrup and blend
- Pour into a container and refrigerate until completely chilled.
- Now put in an ice cream machine if you have one or put into the freezer for two hours, take out and whisk, put in again and repeat up to 4 times
- Now pop in the freezer for a couple more hours and serve
- mmmmmmmmm