

# Creamy & Tropical Fruit Sorbet / Ice Cream

## Ingredients:

1. 3x Banana's
2. 3 x Mango's
3. 3 x Pineapple

## Equipment required:

1. Green Star GS) twin gear juicer that can also perform food processing. Insert the solid blank with the bread stick nozzle.

## Preparation:

1. Peel all the fruits
2. De-pip the mango's
3. Slice the fruits in smaller lengthy pieces in order to be able to feed through the GS shoot.
4. Mix all the fruits.
5. Deep freeze the fruit mix until it is rigid. Insert a layer of wax paper to ensure the fruit does not stick.
6. Feed the mix in the Green Star that is prepared to make bread sticks.
7. The soft serve frozen fruit ice-cream will come out like a bread stick and it can be enjoyed immediately.

Enjoy it &



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