

Recipe No. 38/2015

Coconut Vanilla Sorbet

Recipe adapted from "Quirky Cooking" by Jo Whitton

NB: Suitable for both TM5 and TM31

Ingredients

800g unsweetened coconut water
100g thick coconut cream or canned coconut cream
60-80g pure maple syrup
1 tsp vanilla bean paste
30g desiccated coconut, to serve



Method

1. Pour coconut water into ice cube trays and place in freezer until frozen (approx. 4 hours).
2. Place half the frozen coconut water cubes into mixing bowl and blend **5 sec/speed 9**.
3. Add remaining coconut water cubes and blend **10 sec/speed 9**.
4. Add coconut cream, maple syrup and vanilla and blend **1 min/speed 9**. Scrape down lid and sides of mixing bowl with spatula, and blend a further **30 sec/speed 9**.
5. Sprinkle with desiccated coconut and serve immediately.

thermomix


PORT-A-KITCHEN
An extra pair of hands in the kitchen

Tel: 011 974 1171

www.sathermomix.com