MIXED BERRY AND BEET SORBET WITH GINGER

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Ingredients:
- 2 cups mixed assorted frozen berries (slightly thawed)
- ½ inch piece ginger
- ½ Medium fresh beet
- 1 tbsp. honey
- 1 oz. fruit juice
- 4 – 6 fresh mint leaves

Directions:
1. Pre-cook the beet by either roasting or boiling.
2. Set aside and let cool.
3. Start with fruit first followed by everything else in a blender or mixer.
4. Puree until smooth.
5. Serve immediately with a sprig of fresh mint.