

Dragon fruit & banana sorbet

Season: Summer and Autumn

Makes: 2-3 cups

Fresh from the garden: red dragon fruit, banana, lemon or lime, fresh mint

Recipe source: Recipe kindly provided by Ashgrove State School, QLD.

Did you know that dragon fruit is actually the fruit from a flowering cactus? This recipe celebrates the gorgeous pink-fleshed red dragon fruit, also known as pink pitaya or strawberry pear. Dragon fruit is native to Central and South America, but is grown in tropical and subtropical regions all around the world – including Queensland, Australia, where this refreshing recipe comes from!

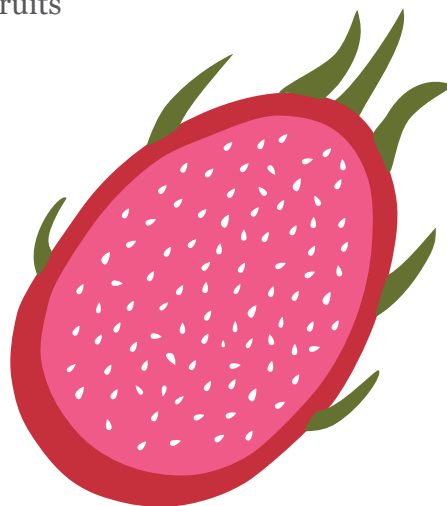
Equipment:

knife
cutting board
spoon
jug
juicer
food processor or blender
ice cream maker*

* If you don't have an ice cream maker, you might like to make 'nice cream' instead. Freeze the chopped flesh from 1 large dragon fruit and 2-3 bananas. Place the frozen fruit into a food processor with 2 tbsp lime juice and ½ tbsp agave syrup. Blend until just smooth. Serve at once!

Ingredients:

2-3 large pink-fleshed red dragon fruits
1 banana, peeled
1 lime or lemon
½ tbsp agave syrup
small handful of mint, chopped



What to do:

1. Carefully cut each dragon fruit in half lengthways.
2. Using a spoon, scoop the flesh into a jug.
3. Break the banana into pieces and add it to the jug as well.
4. Juice the lime (or lemon). Add two tablespoons of juice to the jug.
5. Add the agave syrup to the jug.
6. Pour the mixture into the food processor or blender, and blend until almost smooth.
7. Pour the mixture into the ice cream maker. Follow the instructions on the ice cream maker to churn the mixture until thickened.
8. Serve, sprinkled with fresh mint.