

Mitch SPiNACH



Strawberry Pineapple Sorbet

Source: Dr. Fuhrman Member Center

Serves: 2

Prep Time: 5 minutes

Ingredients

1 10-ounce bag frozen strawberries

1/2 cup orange juice or soy milk

4 slices dried pineapple, unsweetened and unsulphured

3 pitted dates

1 cup fresh organic strawberries, sliced

Directions

Blend all ingredients except fresh strawberries in a high-powered blender.

Pour into sorbet glasses and top with sliced fresh strawberries.

