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Family Matters

Improving Health Together

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Newsletter**

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Hooray for Homemade Fruit Sorbet!

By Laura Griffin, Family and Consumer Science Specialist, Pueblo County

As the weather begins to shift from cool spring days to warm and sunny summer, parents may be looking for easy, tasty, and cooling snack options. Sorbet is a frozen treat made with fruit. While most store-bought sorbets contain added sugars as well as fruit, homemade sorbet can be adjusted to include little to no added sugars. It can be a great substitute for traditional ice cream, offering a treat with less sugar and other ingredients. The main ingredient of sorbet is always fruit, and it does not typically contain any dairy products. Because of this, the texture is typically slightly less creamy, but it is also much lighter and equally refreshing for a hot summer day.



Tips for Creating the Perfect Sorbet

- Frozen, fresh and canned fruits, such as peaches and pineapple, are great options that are both affordable and nutritious.
- If possible, try choosing local fruit options. Local fruits may be fresher and may be less expensive when in season.
- Don't be afraid to mix and match different fruit options. There are no rules for creating flavor combinations. This is a great way to get kids involved in the decision-making process.
- Experiment with different textures. Some people may prefer sorbet to be super creamy and smooth, requiring longer blending time, while others may prefer more texture with smaller chunks of fruit mixed in.

Tips for Cooking with Children

Cooking with children can be a very helpful tool to get them to try new foods. By giving kids the power in the kitchen to choose different fruits by flavor, color, or shape, it gets them excited about the possibilities and interested in trying the final product. Here are some tips for getting your kids involved and enjoying sorbet.

- Include your kids in picking out the ingredients. They can take ownership of what they have personally selected. This can also be made more fun by going to a local farm or farmer's market.
- Let children do as many steps as possible through the recipe. This gives them the chance to touch, smell and hopefully taste the ingredients. It allows them to use their senses.
- As you are working through the recipe, encourage discussion about the foods you are using. You can talk about different colors, shapes, textures, tastes, etc.



Helping families increase physical activity and enjoy healthy foods ...

Let's Talk

Children learn best when they are actively involved and can enjoy what they are doing and enjoy the final product. Kids learn by involving their senses of touch, taste, feel, smell, and sound. All of these can be incorporated in the kitchen when they are chopping (if age appropriate), mixing, pouring, etc. Cooking also creates a final product children can take pride in knowing they helped create, which helps to increase confidence and instill responsibility.

Recipe for Health

Fruit Sorbets

Ingredients: Here are 4 options to get started, but you can always mix and match to create your own!

Peach Sorbet:

2 (15oz) cans sliced peaches in 100% fruit juice

Pineapple Sorbet:

1 (20oz) can crushed pineapple in 100% fruit juice

Pineapple Banana Sorbet:

1 (20oz) can crushed pineapple in 100% fruit juice

1 banana

Fresh Strawberry, Peach, or Mango Sorbet:

2 cups rinsed and diced fresh fruit

1/2 cup 100% fruit juice (apple, orange, or white grape juice)

Instructions:

1. Collect all ingredients
2. Wash hands and food contact surfaces with soap and water. Rinse and dry cans of fruit and or fresh fruit, if using.
3. Open and pour cans of fruit (include all the juices) into a freezer bag and freeze for at least 3 hours. Remove when fully frozen. If using fresh fruit, dice and mix fruit with fruit juice before freezing in a freezer bag.
4. Run frozen bags of fruit briefly under hot water or let sit on counter for 30 minutes to loosen contents. Remove fruit from bags and use a sharp knife to cut into small pieces.
5. If using a banana, rinse, peel and cut into slices.
6. Place frozen, chopped fruit (and banana if using) into blender. Blend until creamy.
7. Serve immediately.

