

Paw Paw Sorbet



Serves	6
Prep time	2 hours, 30 minutes
Allergy / Intolerance	Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Amines Challenge , Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - High Chemical
Meal type	Dessert , Sweet Things
Misc	Child Friendly , Freezable , Ice Cream Maker , Pre-preparable , Serve Cold

Ingredients

- 1kg paw paw or papaya (peeled, seeded and roughly chopped)
- 4 pear halves in syrup
- 1 cup syrup from pears in syrup

Directions

1. Place the paw paw in a food processor and process until smooth. This should yield about 3 cups of puree.
2. Add the pears and syrup and process until well combined.
3. Place into the fridge to chill for two hours.
4. Pour into an ice cream maker and process as per the machine's instructions.
5. Place in the freezer for a couple of hours if it needs to firm up a bit more.

Note

High Amines, Low Glutamates, Low Salicylates.

If left in the freezer overnight this sorbet will become quite hard, remove it from the freezer about 20 minutes before serving to soften a bit.