Triple Treat Gourmet Sorbet

- 3 frozen ripe bananas, (with cheetah spots)
- 2 c frozen strawberries
- 2 c frozen mixed blackberries, blueberries, cherries, raspberries, cranberries
- 2 c frozen mango cubes
- 1/4 c cashews (optional)
- 3/4 t vanilla (optional)

Toppings

- sweetened cacao nibs
- Chocolatey Lentil Crunch
- coconut flakes
- mint leaves

Allow fruit to sit out of the freezer for about 5 minutes.

Start your first sorbet by placing half of a banana in the feeder tube of the Yonanas. Place a medium-sized bowl under the spout. Turn on the Yonanas and push down. Add all the strawberries, cashews and a few drops of vanilla.

Add a half of a banana to the Yonanas. Allow the rest of the strawberry-banana mixture to descend into the bowl. Set aside your first **Strawberry Banana Sorbet**.

Place a second bowl below the spout. Add a half a banana, all the mango, a few drops of vanilla and end with a half a banana. Set aside your second **Mango Sorbet**.

Use your third and last bowl to make **Purple Berry Sorbet**, beginning and ending with a half a frozen banana. Include blackberries, blueberries, cherries, raspberries and a few cranberries. Push down firmly a few times to empty the Yonanas as much as possible. There will be a small amount of sorbet left in the Yonanas that can be recovered when you disassemble.

Clean up is easy. Just rinse the parts under running water or use a dishwasher.

Can be eaten right away or frozen to serve later. Use ice cube trays to freeze different flavours. Garnish with your favourite toppings. Serves 6-8.

Jittery Cook