

Halloween recipes

Squash and fruit soy milk sorbet

DRINKS

Preparation time: 5 minutes

Cooking time: None

Servings: 4 cups

Ingredients	Amount		Method
	Metric	Imperial	
Winter squash, cooked and mashed	250 ml	1 cup	Place mashed squash in ice cube trays and freeze until solid. Transfer cubes to bowl of electric mixer.
Soy milk, cold	500 ml	2 cups	Add soy milk, honey and fruit and beat 1 to 2 minutes.
Frozen fruit (strawberries, raspberries or cubed mango)	250 ml	1 cup	Pour into serving dishes.
Honey*	60 ml	4 Tbsp.	Decorate with a mint leaf and serve immediately.
Fresh mint leaves (optional)	4	4	

* Depending on how bitter the squash is, you may wish to add a little honey.