

Serves 2 • Serving size: about 1½ cups

15  
minutes

PREP: 15 minutes

## Cantaloupe Sorbet FIZZ

12 oz./350 g frozen cantaloupe cubes  
1½ cups seltzer, divided  
¼ cup warm water  
4 tbsp. simple syrup, divided (optional) below  
Fresh mint leaves and cucumber slices for garnish (optional)

1. Remove cantaloupe from freezer, let stand 16 minutes.
2. Fill Sorbet Maker hopper with cantaloupe and pour 1 tsp. warm water over fruit. Place plunger on top of fruit. Gently push down on plunger while turning handle to process. Repeat with remaining fruit.
3. Stir sorbet until smooth.
4. Divide sorbet evenly between two glasses. Pour ¾ cup seltzer into each glass. Stir in optional 2 tbsp. simple syrup and garnish with mint and cucumber slices if desired. Serve immediately.

Nutritional Information (per serving):

Calories: 120 Total Fat: 0g Saturated Fat: 0g Cholesterol: 0mg  
Carbohydrate: 32g Sugar: 30g Fiber: 1g Protein: 1g Sodium: 25mg  
Vitamin A: 120% Vitamin C: 100% Calcium: 2% Iron: 2%

For simple syrup, heat equal parts water and sugar until sugar has dissolved, about 25 seconds, in 2-cup/500 mL Micro Pitcher.



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Tupperware®

TO DEMO



Fusion Master®  
Sorbet Maker

OPTIONAL



Measuring  
Cups

Measuring  
Spoons

SYRUP



Micro Pitcher  
Set