

# Fruits of the forest sorbet

Drink

level 

 3

 3 min



## Ingredients

200 ml Fresubin Energy DRINK  
Blackcurrant  
450 g mixed fruits  
(raspberries, blackcurrants,  
redcurrants, blackberries,  
strawberries etc.)

## Nutritional information per serving:

Energy .....163 kcal  
Protein.....5.5 g  
Fat ..... 4.7 g  
Carbohydrate ....20.7 g  
Fibre.....5.1 g



## Alternative products:

Fresubin® Original DRINK  
ProvideXtra® DRINK  
Fresubin® Jucy DRINK

## Preparation

Blend fruits and Fresubin Energy DRINK Blackcurrant for 1-2 minutes. Pour into an airtight container (with lid).

Freeze for 1 hour, remove lid and mix well with a fork.  
Freeze for further 2-3 hours.

### TIP:

Alternatively use Fresubin Energy DRINK Strawberry.