

Roasted Apricot & Coconut Sorbet

Serves 4–6 • 45 min active • + 24 hrs freezing • Vegan • Gluten-free • Dairy-free

Roasting the apricots with coconut sugar caramelises and concentrates them, so the flavour comes out deep and almost jammy rather than watery, with warmth from Ceylon cinnamon. Coconut milk keeps the texture smooth and scoopable and stops it turning icy.

INGREDIENTS

- 250 g ripe apricots, halved and stoned
- 20 g coconut sugar
- ¼ tsp ground Ceylon cinnamon
- pinch of sea salt
- 20 g coconut oil
- 150 g full-fat coconut milk, room temperature
- 60 g coconut yoghurt, room temperature
- zest and juice of ½ lime
- ½ tsp vanilla
- pinch of sunflower lecithin (optional)

ALLERGENS

NONE

PER SERVING

Calories	~205 kcal
Protein	~1.8 g
Fibre	~1.4 g
Carbohydrates	~13.9 g
Fat	~14.5 g

Nutritional values are estimates and should be used as a guideline. Actual values may vary based on ingredient brands, cooking methods, and portion sizes.

METHOD

- 1 Preheat the oven to 200 °C / 400 °F. Lay the apricot halves cut-side up on a lined tray, scatter over the coconut sugar, Ceylon cinnamon and salt, and roast for 20–25 minutes, until soft and caramelised at the edges.
- 2 As soon as the tray comes out, add the coconut oil to the hot apricots and let the residual heat melt it in.
- 3 Scrape everything into a blender — the fruit, the melted oil and all the caramelised syrup from the tray, which holds much of the flavour. Add the coconut milk, coconut yoghurt, vanilla, salt and lecithin, if using. Blend on high until completely smooth, about 45–60 seconds. Blending while the fruit is still warm keeps the coconut oil emulsified rather than setting into flecks. **Vent the lid under a folded towel**, as warm liquid builds pressure.
- 4 Add the lime zest and juice last and pulse to combine. While still warm it should read a little sweeter than you normally like, as freezing mutes sweetness by roughly a third. Add a touch more coconut sugar, or maple syrup, if it tastes flat.

If you're using a Ninja Creami

- a. Pour into the pint, filling to the MAX line and no higher. Set it level in the freezer and freeze for a full 24 hours, until solid.
- b. Process on the Sorbet setting. The first pass often comes up crumbly, which is normal for a low-sugar base — run Re-spin, adding a teaspoon or two of coconut milk if it hasn't come together into a smooth, glossy sorbet.

If you're using a traditional ice-cream machine

- a. Chill the base thoroughly in the fridge, ideally 4 hours or overnight — it must be cold before it goes in, or it won't churn properly.
- b. Churn according to your machine's instructions, usually 20–30 minutes, until thick and softly frozen. Transfer to a container and freeze for 2–3 hours to firm up.

NOTES

No ice-cream machine? Freeze the base in a shallow tray and whisk it thoroughly, with a fork or hand blender, every 30–40 minutes for about 3 hours to break up the ice crystals.

Use full-fat coconut milk rather than light. With so little sugar in the recipe, the coconut fat is what keeps the sorbet scoopable instead of freezing hard.

If it has been re-frozen, let it stand at room temperature for 5–10 minutes before scooping.