

ROOIBOS AND LAVENDER TEA SORBET

Adapted from Krups Ice Cream Maker Recipe Book page 29

ingredients:

500mls water

3 tablespoons rooibos and lavender tea

50g honey

150g caster sugar – I used fructose

method:

bring the water to the boil and allow the tea to infuse for 3 hours

add the honey and the sugar

chill the mixture in the fridge overnight

churn in your ice cream maker

© **recipe from Lavender & Lime Blog**