



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## RECIPE

Hero Vegetable: **Mandarin Oranges**

### Orange Tropic Sorbet

**Ingredients:**

8 ripe mandarin oranges  
1 cup ripe pineapple, cubed and frozen  
1 ripe mango, cubed and frozen  
½ cup honey or corn syrup  
½ cup water  
1 lemon, juiced

**Directions:**

Zest enough of the oranges to get 3 tablespoons then peel all the oranges. Place the orange pieces, honey, lemon juice, and water in a blender, blending until liquified. Remove the center cap from the lid. With the blender running, drop in the frozen mango and pineapple pieces blending until smooth but thick. Eat immediately or pour into a freezer safe container, stirring every 30 minutes over a two-hour time frame. Then allow to freeze overnight.

\*The amount of honey can be adjusted to taste or the sweetness of the fruit. Tangerines can be substituted if mandarins are unavailable.