

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Peach Sorbet with Rosemary Oil

6 whole peaches

Juice of one lemon

2 Tbls raw honey

3/4 cup of water

1 Tbls rosemary infused olive oil

Chill peaches in the fridge, pit and chop. Peel if desired.

Add peaches, lemon juice, honey and 3/4 cup of water to your blender. Puree until whipped and smooth.



If you have an ice cream maker, pour peach puree into the ice cream maker's cylinder and follow manufacturer's instructions. If you don't have one at home, simply pour peach puree into a Tupperware or Pyrex container with a well sealing lid and place in the freezer. Check the ice cream after about 2.5 hours when it is almost frozen. Pull out the bowl and whip with a spoon vigorously. Put it back in the freezer and repeat mixing each 10 minutes until frozen.

Rosemary infused oil

1 cup olive oil

6-8 sprigs of rosemary

Place ingredients in a mason jar with a tight lid. Place jar in a sunny window and agitate 2-3 times a day for 3-14 days depending on the strength you want. Pour 1 Tbls of oil over finished sorbet. It is also great drizzled on vegetables, meat and fish, or as a salad dressing ingredient.