Refreshing Fruit and Mint Sorbet

- 200 ml fruit juice (grapefruit, orange and pineapple are all good)
- 50 g sugar
- 150 ml water
- 5 large sprigs of lime mint
- 1 egg white
- lime mint flowers or leaves as decoration

Boil the sugar and water together until the sugar is dissolved. Chop the mint leaves finely and add to the syrup, leave to one side to cool for 30 minutes. Add the chosen juice to the mint mixture and strain into a freezerproof bowl or an ice-cream maker.

Freeze until semi-frozen, this will take 45min to 1hour in the freezer - times in an ice-cream machine will vary according to the model.

At this point, beat the egg white stiffly and fold into the semifrozen mixture.

Refreeze until firm but not completely solid.

Serve decorated with the lime mint flowers or leaves.