

Avocado sorbet

Meal time: Dessert

Meal type: Vegan

Difficulty: Easy

Servings: 3

Total time: 15 minutes

Ingredients

5 avocados, diced
60ml lemon juice
3 TBSP maple syrup
fresh mint leaves, as required

Nutrition Facts

	Amount per serving
Calories	555
Total Fat	49.1g
Saturated Fat	10.4g
Total Carbohydrate	32g
Dietary Fiber	16.9g
Total Sugars	10.5g
Protein	4.9g
Cholesterol	0mg
Vitamin D	0IU
Calcium	42mg
Iron	2mg
Potassium	1269mg
Sodium	20mg

Instructions:

1. In a food processor, add diced avocados, lemon juice, and maple syrup. Process until you get a smooth consistency.
2. Place the mixture into a freezer-safe container and freeze for about 6 hours. Make sure you stir every 2 hours while it settles.
3. Serve with fresh mint leaves

Notes: You can add matcha powder for additional flavour and colour. For a maple syrup alternative, use agave syrup or sugar-free sweetener. If using sugar-free sweetener, dissolve it by adding lemon juice while warming it up slightly.