



AVOCADO

Food for life



🕒 Approximately **25 min**

🔥 **262** kcal p.p.

👤 **4** persons

WHAT YOU NEED

- Mango: 2 pcs
- Raw cane sugar: 80 g
- Vanilla pod: 0.5 pcs
- Lime: 1 pcs
- Mint: 2 g
- Raspberries: 100 g

GOOD TO HAVE AT HOME

- Water: 150 ml

ALLERGENS

MANGO SORBET

PREPARATION

- Peel, core and cube mangos. In a pot heat water, sugar and the vanilla pod (halved lengthwise). Bring the water and sugar mixture to a boil and let simmer until it gets a little sticky.
- Process the mango cubes with a hand-held blender to a purée. Halve the lime and squeeze out the juice. Add to the mango purée.
- Add the sugar syrup to the mango purée. Mix well, transfer to an adequate box or bowl and keep in the freezer for min. 4 hours.
- Stir the mango sorbet every 30 minutes, but do not eat!

SERVING

- Before serving, top the mango sorbet with raspberries and mint leaves.