

Recipe

BANANA COCONUT LIME SORBET



INGREDIENTS

1 can full-fat coconut milk
3 peeled, frozen ripe bananas
1 medium lime, juiced
1/4 tsp ground cinnamon

► ► Vegan, gluten-free, oil-free, refined sugar-free, nut-free

Yield: 4-6 servings

Prep Time: 5 min

Total Time: 5 min

DIRECTIONS

Add all ingredients to a food processor and blend until smooth to create your sorbet.

To make it a firm ice-cream consistency, place in the freezer for one to two hours before serving. Enjoy!

NOTES

1. **Variations:** add any fresh or frozen fruit you'd like, such as oranges, pineapples or mangoes.
2. **Storage:** store in an air-tight container in the freezer for up to two weeks.

SADIA BADIEI

Registered Dietitian

Hungry for more? Visit www.pickuplimes.com