



GREEN LEMON SORBET



BLENDER RECIPE

Ingredients:

- 1/2 cup agave nectar or honey
- 1/2 of an avocado or 1 banana (peeled)
- 1 lemon with peel (ends cut off), halved
- 1 large handful fresh spinach
- 2 to 3 cups of ice

Preparation:

Place ingredients in the blender jar in the order they are listed, keeping soft foods on the bottom and ice on the top. Place the lid on the jar.

Turn the selector bezel to MANUAL and turn the variable control to HI.

Remove the clear cap from the lid and insert the tamper to help push all ingredients into the blades. Press START/STOP to begin. *Note: Tamper is not long enough to touch the blades when used through the lid opening.*

Process until the mixture has a uniform color and consistency (no longer than 90 seconds). Press START/STOP.

*If consistency is not firm enough, add more ice and run on HI.
If consistency is too firm, continue blending on HI until creamy.*