

Monk Sorbet

Happy Tidbit: Monk Sorbet is called Monk Sorbet because my son and I used to eat it while watching the T.V. show “Monk,” and my son named it “Monk Sorbet”

- 4 cups spinach pushed into the measuring cup
- 1 largish ripe banana
- ½ largish ripe avocado
- The rind of two largish organic lemons
- The juice of both lemons after the rind has been taken off
- 1-2 Tablespoons raw honey
- 12 – 24 drops of stevia (taste as you add – stevia is tricky)
- 12 big ice cubes from old fashioned trays (or 2-3 cups ice)

Place all ingredients except the ice cubes into a Vitamix or other high powered blender and blend until smooth. You may need to use the “plunger” to make this happen. Add ice cubes one at a time until your blender is working really hard. At this point add the remaining ice cubes and use the “plunger” to help. When the mixture starts to “roll” again, the sorbet is ready.

Serve immediately – makes 4-5 cups.

Or freeze in ice cube trays and store in an airtight container in the freezer. These are delicious served three or four at a time and left to soften for a few minutes. You may need three or four ice cube trays.

Instead of serving them a few ice cubes at a time, you can also leave the frozen cubes out for about 10 minutes and put them back through the Vitamix/blender to have the softer sorbet ready for everyone after a meal. (This allows you to make it ahead for special events.)

Tip: Little (real) kids looove Monk Sorbet too, not just adult or big kids. 😊 Enjoy!