

AVOLEMON MOUSSE/SORBET

- 3 medium sized avocados – approximately 300g of avo flesh (Keep the half avo shells after scooping out the flesh, if you wish to serve the mousse in the shells)
- 120ml coconut oil (cold-pressed) – in liquid form*
- 100ml honey (raw-unsifted)*
- 100ml fresh lemon juice (about 2 – 3 medium lemons)
- ¼ tsp Himalayan rock salt
- ¼ tsp Bev's Sattvic Spice
- Light sprinkle of cayenne pepper



Blend all ingredients, except the coconut oil, in a food processor or blender until smooth and creamy; add coconut oil last as it begins to solidify quite quickly especially in winter and the little droplets of solid coconut oil interrupt the smooth creaminess of the mousse. Add more lemon juice and coconut oil if the taste of the avo is still strong. Spoon the mixture back into the avo shells, mousse ramekins or silicone cup-cake holders. For mousse, place in the fridge to set and for a creamy sorbet place in freezer until set. These desserts will keep in the fridge for about 3 days; and in the freezer for a few weeks (indefinitely?).

***Honey and Coconut oil – liquid form.**

It is imperative that the coconut oil be in a liquid form for a creamy mousse. Coconut oil stored at room temperature is generally in its solid form. It is not wise to re-melt the entire jar of coconut oil every time you need it in a liquid form. I always keep spare bottles handy for melting coconut oil and honey. I spoon an amount of oil into any empty jar (rather a bit more than too little) and steep the jar in a bowl of boiling kettle water to transform the oil into a liquid form. I do the same with honey if it has crystallised.