

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

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Orange and Carrot Sorbet Frozen Desert

Ingredients

1 Large Orange

1 Medium Size carrot



Instructions

One of the easiest and nicest frozen desserts of all time.

Simply peel the orange and the carrot and put them together in the Vitamix. Turn on to 10 on the mid range and blend entirely for 15 seconds or so.

Then turn the mix out into chocolate or cup cake molds and freeze.

When you are ready to serve run the back of the mould under warm water and 'flick' onto your serving dish. Garnish with orange zest or add pomegranate syrup to the plate as an amazing taste accompaniment.