

Exotic Melt Fat Mango Sorbet



Ingredients:

- (1 cup) Frozen mango chunks
- (¼ cup) LynFit Chocolate Complete Protein Powder
- (½ cup) Cold Water
- (Few) Raspberries for topping, if desired

This exotic sorbet is simple and delicious, without all the added guilt! Low carb, low sugar, lactose-free, and packed with protein to power your metabolism. Fast and easy so you'll never fall off the diet wagon again. It's completely dairy-free, though your mouth might have trouble believing it at first.

NUTRITIONAL INFO

Calories: 155

Carbs: 15 grams

Sugar: 3 grams

Protein: 24 metabolic boosting grams

Servings: 1 per recipe

Fat: 1 gram

Fiber: 1 gram

Directions:

- Blend ingredients for one minute or until texture is smooth
- Pour blended mixture into ice tray and freeze
- When frozen, empty frozen mixture from ice tray into blender
- Gently blend until creamy, or desired texture