

# MANGO SEA MOSS GLOW SORBET BOWL

*This frozen sorbet-style bowl is perfect when you want something refreshing, nourishing, and a little luxurious—without feeling heavy. Think dessert energy with wellness benefits.*



## Instructions:

1. Blend the frozen fruit, sea moss gel, juice, and liquid on low until thick and scoopable
2. You want the consistency more like sorbet than a smoothie
3. Pour into a bowl and add your toppings.
4. Air fryer method: Preheat air fryer to 375°F (190°C). Toss veggies with seasonings as above, then place in the basket in a single layer (cook in batches if needed). Air fry for 12-15 minutes, shaking halfway through, until tender and slightly charred.
5. Eat with a spoon and zero guilt. enjoy!

## Ingredients:

### For the base:

- 1 cup frozen mango
- 1 cup of frozen pineapple chunks
- ½ frozen banana
- 1 tablespoon [sea moss gel](#)
- 2-3 tablespoons oat milk or coconut water (just enough to blend)
- 1-2 oz of my **juice blend** (optional but recommended for added plant support)

### Optional Add-Ins

- 1 tablespoon rolled oats (soaked or dry)
- 1 teaspoon chia seeds
- Pinch of cinnamon or ginger

### Toppings

- Fresh berries or sliced fruit
- Extra chia seeds
- Coconut flakes
- A drizzle of raw honey (optional)

### Tips:

- If you blend only frozen fruit with a tiny amount of liquid, it bridges the gap, creating a thick, soft-serve texture known as a "smoothie bowl" or "nice cream," which acts like a healthy sorbet.
- Sorbet is churned or frozen to a solid state. Smoothies are blended and consumed immediately, often using ice to create a thick texture.
- Remember to free any leftovers for a sweet treat for later

