

Watermelon Granita



Servings: 8 Serving size: $\frac{3}{4}$ cup

Nutrition Information:

17g carbohydrates

66 calories

0g fat

17mg sodium

2g fiber

1g protein

Ingredients:

4 cups ripe watermelon

1 cup unsweetened apple juice

Directions:

1. In a blender, combine watermelon with apple juice and blend until smooth.
2. Pour into a baking sheet with an edge and cover with plastic wrap. Place on a level surface in your freezer.
Note: May need to pour into two small pans for freezer space.
3. Using a fork scrape the melon mixture about every hour for ~4hours stirring to make sure it freezes evenly. By the end the melon should be frozen into small ice slivers.
4. Serve with fresh fruits and mint or freeze in a freezer Ziploc bag for later.