



### Watermelon Mint Granita

Julie Andrews, Chef and Registered Dietitian Stride in the Kitchen

*A frozen watermelon, lime and mint dessert.*

Prep time: 10 mins      Cook time: 0 mins      Total Time: 10 mins + 1 hr freezer

Serves: 12

#### **Ingredients:**

3 pounds (1.35 kg) watermelon, peeled and cubed (about 8 cups)

Zest and juice of 1 medium lime

5–6 fresh mint leaves

1 tablespoon (15 mL) granulated sugar (optional)

#### **Instructions:**

1. Place the cubed watermelon, lime zest and juice, mint leaves and sugar (if using) in a blender. Blend until smooth.
2. Transfer the mixture to a 9×13 baking dish. Place on a flat surface in the freezer for 60 minutes. Remove from the freezer and use a fork to break up the mixture into ‘shaved ice’. Scoop into dishes and serve immediately.

*Cooking Tip:* If the granita mixture has been in the freezer for more than 60 minutes and is rock hard, take it out of the freezer and let sit at room temperature for 30-60 minutes, then use the fork to bread up the mixture into ‘shaved ice’.

#### **Nutrition:**

**Serving Size:** 1/12 of recipe

**Calories:** 37

**Sugar:** 7g

**Sodium:** 1mg

**Fat:** 0g

**Saturated Fat:** 0g

**Unsaturated Fat:** 0g

**Trans Fat:** 0g

**Carbohydrates:** 9g

**Fiber:** 0g

**Protein:** 1g

**Cholesterol:** 0mg