



CRANBERRY FIVE SPICE GRANITA

INGREDIENTS

2 cups water

2 cups frozen cranberries

3/4 cup white sugar*

1 teaspoon lemon zest

1 teaspoon 5 spice powder

(for a milder taste use 1/2 teaspoon)

**To lower the carbohydrate contents you can use
a sugar substitute such as **Splenda**®*

PREPARATION: 5 MINUTES

COOKING: 5 MINUTES

6 SERVINGS

PREPARATION

- 1** Combine all ingredients in a sauce pan and bring to a boil. Simmer for 5 minutes.
- 2** Allow mixture to cool and blend thoroughly.
- 3** Strain into a 9" x 13" pan and place in freezer for at least 2 hours, stirring after the first 30 minutes.
- 4** Shave granita with the back of a spoon and serve garnished with a fresh sprig of mint in your favourite cup or martini glass.

Note: *Granita may be made a day ahead of serving.*

Nutrient Analysis

PER SERVING

1/6 of recipe

Renal exchange: 1/2 fruit
If you are diabetic, it counts as
2 carb choices.

Calories	118Kcal
Protein	0.1g
Carbohydrates	30g
Fibre	2g
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	2mg
Potassium	33mg
Phosphorus	5mg