

life is why **Family Health Challenge™**

Grape Granita by Devin Alexander



Serves 2

Lots of folks enjoy frozen grapes, but I've never been one for biting into anything that cold.

This variation of that icy treat is a simple and fun solution that allows my teeth to take a little rest. Though it is not a true granita, it satisfies like one. Note that this recipe makes only two servings-that's because it needs to be made and eaten immediately.

If the whole family is enjoying it together, simply use 4 cups grapes and 4 teaspoons honey.

Ingredients

- 2 cups seedless grapes, frozen (red and black grapes make this pretty)
- 2 tsp. honey

Directions

1. Place the grapes and honey in a food processor fitted with a chopping blade. Process, scraping down the bowl of the processor if necessary, until the grapes are very finely chopped and mostly smooth in texture. Divide between 2 chilled martini glasses or dessert bowls and serve.

Nutritional Info

Nutrition Facts	
Calories per serving	135
Total Fat	<1 g
Cholesterol	0 mg
Sodium	3 mg
Carbohydrates	27 g
Fiber	2 g
Protein	1 g

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