

CANTALOUPE GRANITA

Makes 4 dessert servings. This recipe is so simple to put together, is refreshing, and can be made without refined sugar.

Original recipe from *Gourmet August 2005*

2 cups coarsely chopped cantaloupe (1/2 melon, seeded)

1/4 cup sugar, (or half the amount of honey or agave)

1/2 Tbs fresh lemon juice, or to taste

1 cup ice cubes

Purée all ingredients in a blender until smooth, then pour into a 13- by 9-inch metal pan and freeze until mixture becomes a firm slush, at least 40 minutes. Scrape with a fork and serve in chilled glasses.

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Shopping List

Cantaloupe Granita

Ingredients	Weight or Volume	PLU #
1/2 melon	2 cups	_____
sugar, (or half the amount of honey or agave)	1/4 cup	_____
fresh lemon juice	1/2 Tbs	_____
ice cubes	1 cup	_____

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