



# Fruity Granita

## Ingredients:

2 cups 100% fruit juice  
2/3 cup water

## Instructions:

1. Combine juice and water in a shallow pan.
2. Place pan in freezer for 30 minutes.
3. Remove pan and scrape the frozen juice using a fork to break the ice crystals.
4. Repeat every 20-30 minutes for 2-3 hours or until ideal consistency is achieved (similar to an Eegee).
5. Store in a covered container in the freezer.

## Variations:

- For some added texture, add your favorite fruit, sliced, mashed, or blended. Mix it into the juice and water in step 1.
- Add 1 mint leaf that has been chopped finely for a delicious and refreshing twist.
- Good juices for this are orange, mango or cran-raspberry, but any juice works! Combine a variety of your favorite fresh or prepared fruit juices to create your own unique flavor.

**Prep Time: 3 minutes**

**Cooking Time: 3 hours**

## Equipment:

shallow pan  
fork  
freezer

**Servings: 6**

**Serving Size: ~15 chips**

**Nutrition Facts:** 50 Calories, 0g Fat, 0g Saturated Fat, 14g Carbohydrates, 0g Protein, 0g Fiber, 12g Sugar, 5mg Sodium

Check out our blog at [www.cookingoncampus.arizona.edu](http://www.cookingoncampus.arizona.edu) to find past recipes and a list of upcoming classes!  
For more info about nutrition and what to eat on campus, go to [www.health.arizona.edu](http://www.health.arizona.edu), click on Health Promotion, then on Nutrition.

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