

HEALTHY LIVING INITIATIVE

A SWEET, SWEET RECIPE



KIWI GRANITA

INGREDIENTS

6 Kiwis (peeled and sliced) 1 Can (6oz) mandarin oranges
1 Pint of strawberries (sliced) 1 Can (20oz) pineapple chunks

DIRECTIONS

Put Kiwi, mandarin oranges, and pineapple in a blender and puree until smooth.

Pour the mixture into a roasting pan, baking dish, or a plastic container, and stir in strawberries. The dish should be large enough so that the liquid is not more than 1 inch deep.

Freeze the mixture for 1 hour. Remove it from the freezer, and scrape with 2 forks to break up the ice.

Return to the freezer and freeze until solid (about 2 to 3 hours), scraping with forks every hour or so. When the granita is frozen, scoop it into small cups and serve it immediately.

If freezing overnight, remove from freezer about 2 hours prior to serving for easy scooping.



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