Beverage

Pineapple Granita

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Servings: 4

Preparation Time: 15 minutes

Freezing Time: 2 hours

1/2 cup sugar 1/4 cup water 2 cups pineapple juice 4 small mint sprigs (for garnish)

In a small saucepan over medium-high heat, combine the sugar and water.

Simmer until the sugar is dissolved, stirring once or twice.

Whisk the juice into the sugar syrup and pour into a 9x9x2-inch pan.

Freeze 2 to 3 hours, pulling a fork through the mixture every 30 minutes to make granules.

Serve in glasses garnished with mint.

Per Serving (excluding unknown items): 167 Calories; trace Fat (0.5% calories from fat); trace Protein; 42g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1 Fruit; 1 1/2 Other Carbohydrates.