

Cranberry Pineapple Granita Parfait

Dessert, Makes 4 Servings

Ingredients:

2 cups fresh or frozen cranberries
1 cup clear, unsweetened apple juice
5 tablespoons sugar substitute (such as Splenda®), divided
1 can (20 ounces) pineapple chunks in juice
4 fresh mint sprigs

In a medium saucepan, combine cranberries, apple juice and 3 tablespoons sugar substitute. Bring to a boil, reduce to medium-low heat and simmer 15 minutes until berries pop and become soft.

Transfer to blender or food processor and blend until smooth. Pour into a metal baking pan and place in freezer. In clean blender, puree pineapple chunks, juice and remaining sugar substitute. Pour mixture into another metal baking pan and place in freezer. Freeze for 2 to 3 hours, scraping frozen bits from sides and bottom of pans every 20 minutes or so until both cranberry and pineapple mixtures are firm, but slushy. Meanwhile, chill 4 martini glasses or pretty dessert glasses. When ready to serve, scrape 1/2 cup pineapple granita into each glass, add 1/2 cup cranberry granita, then top each with remaining pineapple granita. Garnish with fresh mint sprigs.



Nutrition Facts:

Per Serving (1/4 of recipe)

Calories:	144 kcals
Protein	1 g
Carbohydrates:	37 g
Sugars:	29 g
Fiber:	3 g
Total Fat:	0.24 g
Saturated Fat:	0.03 g
Cholesterol:	0 mg
Phosphorus:	19 mg
Sodium:	4 mg
Calcium:	28 mg
Potassium:	287 mg/7.3 mEq

(mEq = milliequivalent)

Renal and Renal Diabetic Exchanges:

2 1/2 Fruit