



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

WATERMELON GRANITA

Time: 10 minutes (plus freezing time)

Serves: 6

Ingredients:

1kg watermelon – cubed
50g honey
30g fresh lemon juice
5g fresh basil leaves

Preparation:

Place all ingredients in a blender jar and blend until smooth.

Pour into a high-sided pan and place in freezer until completely frozen.

Use a fork to scrape the watermelon crystals into bowls, serving immediately.

Nutritional Information Per Serving:

Calories: 80
Fat: 0.2g
Carbs: 21g
Fibre: 0.7g
Protein: 1g