

## Cool confections: Watermelon-mint granita recipe



**Try this sweet, healthy treat to cool off in the heat of summer.**

### **Too hot to cook?**

Back to Elizabeth Yarnell's delicious, low-effort [cooking advice for mealtime satisfaction and healthy nutrition](#)—without heating up your house or your body.

### **Ingredients**

- 8 cups of watermelon chunks, rind and seeds removed
- 4 sprigs of fresh mint

- 1 lime, juiced
- Sugar or honey to taste

Combine half the watermelon with half the mint and half the lime juice in a blender. Blend at low speed until pureed. Taste and add sugar or honey, if desired. Pour mixture into a 9"x13" baking dish. Blend the other half of the ingredients and pour into the same baking dish.

Cover dish with plastic wrap and set into a freezer for two hours. Remove from freezer and uncover, then gently scrape all the ice crystals with a fork to break them apart. Cover and return to the freezer. Repeat every 2-3 hours until granita is thoroughly crystallized.

Serve in dessert glasses garnished with mint leaves or lime wedges.

Want another refreshing recipe? Try this [cold gazpacho soup](#).