

SERVES 8

STRAWBERRY GRANITA

“THIS DESSERT IS A BRILLIANT BOWL OF COLOR WITH A PURE, INTENSE FLAVOR.”

- 1 cup powdered sugar, sifted
- Juice of 1 lemon (about 2 Tbsp)
- 8 teaspoons heavy cream

INGREDIENT TIP:

You may use frozen, thawed strawberries if necessary, but you might need to add more sugar. 2 pounds slightly overripe strawberries

1 Gently wash and hull strawberries, then place in a food processor. Process until crushed. Working in batches, press purée through a fine sieve to extract seeds (discard seeds). Whisk powdered sugar and lemon juice into strawberry juice. It should seem a little too sweet and a little too sharp; both tastes will be muted slightly when frozen.

2 Pour purée into a bowl or large tub; ideally the mix should be no deeper than about 1 inch. Freeze until solid, at least 1 hour.

3 Remove from freezer 5 minutes before serving. Using a sturdy scoop or spoon, mound granita into goblets and cap each with a trickle of cream. The cream will solidify, semi-frozen, like a snowcap on a pink mountain. Serve quickly, before it has time to melt.

PER SERVING : 103 cal, 18% fat cal, 2g fat, 1g sat fat, 7mg chol, 1g protein, 22g carb, 2g fiber, 3mg sodium