



✂ Smoothie ⌚ 60 min

Healthy Cucumber Granita with Chiquita Banana and Mint

Turn your favorite fruits into an easy frozen granita with healthy ingredients: Chiquita bananas and cucumber. Granita makes a great lactose free alternative to ice cream and a great refresher for summertime!.

1

Finely process cucumbers with the lime juice and sugar. Pour mixture into a shallow metal dish and allow to almost freeze in about 1 hour.

2

Mix elderberry syrup with water and allow to freeze in the same way as the cucumber.

3

When the mixes freeze, stir with a fork to create ice crystals.

INGREDIENTS FOR 2 PERSONS

2 cucumbers in pieces (cut lengthwise and deseeded)
1 lime
1 tbsp sugar
1/4 cup elderberry syrup (ready to use)
2 cups water
1 bunch mint
2 Chiquita bananas
food processor
blender or hand blender

NUTRITIONAL VALUES PER PERSON

159 Calories
0,6g Fat
0,25g Saturates
34,4g Carbohydrate
14,6g Sugars
2,4g Fibre
2,1g Protein
0g Salt

4

Scoop into glasses and garnish with slices of Chiquita banana and leaves of mint.