



**Catholic
Health Services**
of Long Island
At the heart of health

Banana Granita with Grape Chips

Serves 8/serving size 2 scoops

Ingredients

6 small bananas, peeled, quartered, and frozen
1 teaspoon unsweetened date honey
4 seedless grapes frozen



Preparation:

1. Remove bananas from freezer and let sit at room temperature for 1 to 2 minutes. Transfer to a food processor, add date honey and process until smooth.
2. Remove grapes from freezer and cut into thin slices.
3. To serve, scoop pureed bananas with a small ice cream scoop and top with grape slices. Garnish with mint leaf

Nutritional Analysis:

Calories	78
Total fat	0g
Calories as fat	0%
Saturated fat	0g
Cholesterol	0mg
Carbohydrates	18g
Dietary fiber	2g
Sodium	1mg
Protein	1g

Carbohydrate choices 1
Exchanges 1 fruit

