

martha stewart

Watermelon Granita

It may be 92 percent water, but this cool fruit is no nutritional dud, according to a small study from Florida State University linking it to heart health.

Ingredients

7 cups seedless watermelon chunks

1/2 cup sugar

Juice of 1 lemon

Directions

1. Pulse watermelon, sugar, and lemon juice in a food processor until smooth. Pour into an 8-inch glass baking dish and freeze. Scrape with a fork into 8 glasses or bowls and serve.

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