

## AÇAÍ AND POMEGRANATE GRANITA

Eat dessert and grow younger? Antioxidant-rich açai berries from South America blend with vitamin-packed pomegranate in this sophisticated frozen dessert that may have anti-aging properties. Garnish the granita according to your fancy. At The Ranch, kumquat trees grow in abundance so we like to add a zesty pop of color and tart flavor; pomegranate seeds are pretty and tasty, too. For a really decadent (but still good for you!) treat, try drizzling the dessert with a little coconut milk.



Makes 4 servings

### Ingredients

1 (3.5-ounce) package frozen açai puree, such as Sambazon or Amafruits, thawed  
1 cup pomegranate juice  
2 tablespoons raw agave nectar  
About 8 tablespoons canned unsweetened coconut milk (optional)  
Pomegranate seeds, for garnish (optional)  
Sliced kumquats, for garnish (optional)

In a medium bowl, stir the açai puree, pomegranate juice, and agave nectar to blend. Pour the açai mixture into an 8½ by 4½-inch loaf pan. Freeze until slushy, about 1 hour; stir with a fork. Return the granita to the freezer and freeze until firm, stirring once or twice along the way, about 40 minutes more. (The granita can be made up to 1 week ahead; cover tightly with one layer of plastic wrap and store in the freezer.)

When you're ready to serve, use a fork or a grapefruit spoon to scrape the surface of the granita, creating icy flakes. Spoon into bowls; do not pack. If desired, drizzle the granita with the coconut milk, and garnish with the pomegranate seeds and kumquat slices.

**Each serving (without coconut milk) 84 calories (kcal) . 0 g fat  
0 mg cholesterol . 21 g carbohydrates . 0 g dietary fiber . 0 g protein  
9 mg sodium . 62 IU vitamin A . 3 mg vitamin C . 13 mg calcium . 0 mg iron**

**Each serving (with coconut milk) 139 calories (kcal) . 7 g fat  
0 mg cholesterol . 21 g carbohydrates . 0 g dietary fiber . 1 g protein  
12 mg sodium . 62 IU vitamin A . 3 mg vitamin C . 18 mg calcium . 1 mg iron**