

# CRANBERRY FIVE SPICE GRANITA

## INGREDIENTS

*2 cups water*

*2 cups frozen cranberries*

*¾ cup white sugar\**

*1 teaspoon lemon zest*

*1 teaspoon 5 spice powder (for a milder taste use ½ teaspoon)*

*Fresh mint leaves (optional)*

\*To lower the carbohydrate content you can use a sugar substitute which is suitable for baking.

## PREPARATION

- 1** Combine all ingredients in a saucepan and bring to a boil. Simmer for 5 minutes.
- 2** Allow mixture to cool and blend thoroughly.
- 3** Strain into a 9" x 13" pan and place in freezer for at least 2 hours, stirring after the first 30 minutes.
- 4** Shave granita with the back of a spoon and serve garnished with a fresh sprig of mint in your favorite cup or martini glass.

## SUGGESTION

✓ *Can be prepared ahead of time, one day before serving.*



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## Nutrient Analysis

### PER SERVING

1/3 of recipe

#### Renal/Diabetic exchanges:

2 Carbohydrate

Calories	113Kcal
Protein	0g
Total Carbohydrate	29g
Fiber	2g
Sugars	26g
Fat	0g
Saturated	0g
Cholesterol	0mg
Sodium	1mg
Potassium	30mg
Phosphorus	4mg
Calcium	8mg
Iron	0mg
Magnesium	2mg
Vitamin C	5mg

## Diet Types

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis         | <input type="checkbox"/> Transplant                   |

## POTASSIUM CHECK ✓

# Cranberries: More Than Just A Holiday Staple

Cranberries are readily available during the fall months or can be found in your grocer's freezer year-round. For those with chronic kidney disease, some fruits may contain too much potassium to be enjoyed on a daily basis. Cranberries however, are lower in potassium and in limited amounts, can typically be enjoyed every day if desired.

Cranberries are a good source of dietary fiber and contain antioxidants that fight disease and may promote urinary tract health through their antibacterial properties. To take advantage of these health benefits, enjoy them throughout the holiday season when they are fresh and easily to be found in your supermarket. As part of a low-potassium diet, make a traditional sauce and add them to stuffing or your apple pie for a pop of color and flavor.

When it is no longer cranberry season, purchase frozen or dried cranberries. Frozen cranberries can be added to muffins and breads. Consider adding dried cranberries to hot or cold cereal, cookies and your favorite snack mix. They can also be tossed in a vegetable salad or added to your chicken salad. You can also cook with them to add flavor and color to couscous or rice pilaf as well as chicken and pork dishes.

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