Michele Sodon

GRAPESICLES

TRY THIS HEALTHY SNACK ON A HOT SUMMER DAY—FROZEN GRAPES WILL POP IN YOUR MOUTH!

NUTRITION PER SERVING:

CALORIES	83
PROTEIN	1 G
CARBOHYDRATE	22 G
TOTAL FAT	0 G

PREP TIME:	5 MINUTES
FREEZE TIME:	30 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	4 SKEWERS

INGREDIENTS:

48	GREEN SEEDLESS GRAPES, RINSED
48	RED SEEDLESS GRAPES, RINSED
16	6-INCH WOODEN SKEWERS

01 Thread six grapes, alternating grape colors, onto each wooden skewer.

02 Place skewers into the freezer for 30 minutes, or until frozen.

03 Serve immediately.

Note: Skewers have sharp edges, so monitor younger children while eating, or take the grapes off the skewers for them. Grapes should be cut in half for children under 3 years old to prevent choking.

✔ Children can rinse the grapes, freeze them, and thread the skewers.

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