



### NUTRITION PER SERVING:

<b>CALORIES</b>	83
<b>PROTEIN</b>	1 G
<b>CARBOHYDRATE</b>	22 G
<b>TOTAL FAT</b>	0 G

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<b>PREP TIME:</b>	5 MINUTES
<b>FREEZE TIME:</b>	30 MINUTES

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<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	4 SKEWERS

### INGREDIENTS:

<b>48</b>	GREEN SEEDLESS GRAPES, RINSED
<b>48</b>	RED SEEDLESS GRAPES, RINSED
<b>16</b>	6-INCH WOODEN SKEWERS



# GRAPESICLES

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

- 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.

