BODYELITEFIT

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.

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

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