

# Fitness Aspects

For the Body & Mind



## 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.

