

GRAPESICLES

Deliciously Healthy Family Meals, US Dept of Health and Human Services

<http://hp2010.nhlbihin.net/healthyeating/>

Ingredients

- 48 green seedless grapes, rinsed
- 48 red seedless grapes, rinsed
- 6-inch wooden skewers

Directions

1. Thread six grapes, alternating grape colors onto each wooden skewer
2. Place skewers into the freezer for 30 minutes, until frozen
3. Serve immediately

Makes 4 servings (4 skewers per serving)

Tips

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

Nutrient information per serving (4 servings)

- Calories 83
- Total fat 0g
- Saturated fat 0g
- Cholesterol 0mg
- Sodium 2mg
- Total fiber 1g
- Protein 1g
- Carbohydrates 22g
- Potassium 229mg
- Vitamin A 2%
- Vitamin C 20%
- Calcium 2%
- Iron 6%

Percent Daily Values are based on a 2,000 calorie diet.

