



Frozen Grapes

Frozen grapes make a refreshing and healthy snack you will find absolutely surprising and delightful. You'll still get that familiar grape flavor. But when frozen, grapes take on a texture that is almost like a sorbet. Indeed, this frozen grapes recipe is almost like little sorbet nibbles!

Prep Time: 5 minutes

Total Time: 5 minutes

Ingredients:

1 large bunch of seedless grapes (preferably red, though green grapes work well, too)

Preparation:

1. Wash grapes and pat dry with a paper towel.
2. Line a baking sheet with paper towels. Place grapes on paper towels, trying to leave some space between them. Freeze until firm.
3. Eat frozen. Don't let the grapes thaw -- they may become mushy.

Important: Grapes of any kind can pose a choking hazard for children ages 3 and under.