

Snack

Sparkling Frozen Grapes

Side Effect: Dry Mouth

15 Mins
Prep Time

0 Mins
Cook Time

4
Servings

53 Calories **0g** Fat **13g** Carbs **0g** Protein



Ingredients

4 Servings • ½ Cup Serving Size

15 Mins + 2-3 Hours Freeze Time Total Time

Allergens: None

2 Cups Grapes, washed

1 Tbsp Sparkling Sugar (regular sugar works well too)

Nourishment Note



Frozen Grapes

Frozen grapes are cool, soothing and can add moisture to the mouth. They may also provide relief to those with mouth or throat sores.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Combine Ingredients

Add washed grapes and sugar to a zip-top bag and shake gently to evenly coat.

3. Dry & Freeze

Lay grapes out on baking sheet and allow to dry for approximately 10 minutes. Once mostly dry, place grapes in freezer and allow to freeze for 2-3 hours. Enjoy!

4. Wash Dishes

Wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Measuring Spoon



Zip-Top Bag



Baking Sheet

Fatigue Buster

- Make a double-batch and store in an airtight container in the freezer for up to one week.