

# FUSION

## FITNESS STUDIO

### NUTRITION PER SERVING:

<b>CALORIES</b>	83
<b>PROTEIN</b>	1 G
<b>CARBOHYDRATE</b>	22 G
<b>TOTAL FAT</b>	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



## 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.

