

WHY ACT NOW

FROZEN GRAPES



Ingredients

- 20 seedless grapes

Directions

Wash grapes thoroughly with water. Spread onto towels to dry completely. Remove grapes from stems and place in single layer on baking sheet lined with wax paper. Freeze for 1 hour, transfer to airtight container or Ziploc bag. *Makes 1 serving.*

Nutrition Facts

Serving Size 1	
Amount Per Serving	
Calories 32	Calories from Fat 1
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 1mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 0g	0%
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

Grapes are delicious with a high nutrient content! They are rich in flavonoids, powerful antioxidants, and vitamins A, C, B6 and folate!