

## FROZEN GRAPES

Frozen grapes make a refreshing and healthy snack you will find delicious! You'll get that familiar grape flavor, but then frozen grapes take on a texture almost like sorbet. Prep time: 5 minutes!

Ingredients: 1 large bunch of seedless grapes, red or green

Preparation: 1. Wash the grapes and pat dry with a paper towel.  
Remove grapes from the stem.

2. Line a baking sheet with paper towels. Place grapes on paper towels, trying to leave some space between them. Freeze until firm.

Eat frozen! (If they thaw, they may become mushy.)

Wyoming SNAP is a coalition of the University of Wyoming, Wyoming Department of Family Services, Wyoming Department of Education, and Wyoming Department of Health. For more information visit:  
[www.fns.usda.gov/oane/SNAP/Wyoming.htm](http://www.fns.usda.gov/oane/SNAP/Wyoming.htm) or call 307-766-5375.

