

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** • $\frac{1}{2}$ 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 with soap and water.

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 Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

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.