



Sour Patch Grapes



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Entire recipe: 114 calories, <0.5g total fat (0g sat. fat), 3mg sodium, 28.5g carbs, 1.5g fiber, 23.5g sugars, 1g protein

Prep: 5 minutes

Freeze: 1 hour



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Ingredients

- 1 cup red and/or green seedless grapes
- 1 packet (about 1 tsp.) sugar-free lemonade drink mix

Directions

Add just-rinsed grapes to a sealable plastic bag. Sprinkle with drink mix. Seal bag and shake to mix.

Place grapes in a single layer in a freezer-safe container or on a large plate.

Freeze until solid, at least 1 hour.

MAKES 1 SERVING

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