

Zucchini Bread Recipes

Frozen Grapes – Quick Healthy Snack

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 2 cups seedless grapes (red, green, or black)
- [ ] 1 pinch sea salt (optional)
- [ ] 1 teaspoon fresh lemon zest (optional)
- [ ] Handful fresh mint leaves (optional)
- [ ] 1 tablespoon lemon juice (optional)
- [ ] 1 teaspoon honey (optional)

Instructions

1. Wash the grapes under cool water, remove any stems, and pat them completely dry on a clean kitchen towel.



2. If desired, place the grapes in a bowl and toss gently with sea salt, lemon zest, mint, lemon juice, and honey; let sit for a minute.



3. Spread the grapes in a single layer on a parchment-lined baking sheet, making sure they’re not touching.



4. Place the sheet in the freezer for 2–3 hours, or until the grapes are solidly frozen.



5 Transfer the frozen grapes to a zip-lock bag or airtight container for storage, removing excess air.



6 When ready to serve, scoop a handful into a bowl. Optionally, drizzle a little more honey or a squeeze of lemon for extra brightness.



Nutrition per serving

62 kcal	0.6 g	16 g	0.3 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a softer bite, reduce the freezing time to about 1 hour.
- Use a mixture of green and red grapes for a pretty color contrast on the plate.
- For a more indulgent treat, serve alongside a dollop of vanilla Greek yogurt.