



Fantastic Frozen Holiday Grapes

Serves 8

4 cups holiday grapes (about 2 lbs)

1 (3 oz.) package sugar-free gelatin, any flavor

In a colander, rinse grapes and let stand until they are almost dry. Place grapes in a Ziploc bag, pour in gelatin; shake. Transfer grapes to a plate or bowl and freeze for one hour. Enjoy!

Per serving: 70 calories, 0 g fat, 5 g protein, 4 g carbohydrate, 0 g fiber, 320 mg sodium

***This recipe is a foot Steps to Health recipe and is 500 Club approved**