



YOGURT-GRAPE SNACK BITES

May 27

National Grape Day

INGREDIENTS

- 1 Pound Seedless Fresh Grapes
(removed from stems, washed and dried)
- 3/4 Cup Vanilla Greek Yogurt
(23 grams or less of sugar per 6 ounces)
- 3 Ounces Granola
(6 grams or less of sugar per dry ounce)

DIRECTIONS

1. Place grapes on baking sheet lined with parchment paper. Place baking sheet in freezer for 2 hours or until grapes are frozen.
2. Remove grapes from freezer. Insert one toothpick into each frozen grape. One by one, dip frozen grapes into yogurt and coat with granola. Place dipped grape back on baking sheet. Repeat until all grapes are covered.
3. Return baking sheet to freezer. Freeze another 2 hours, or until yogurt is solid. Remove baking sheet from freezer and remove toothpicks.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

-  Snack

YIELD

2 1/4 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1/2 Cup About 14 Bites	1/2 Cup About 14 Bites	3/4 Cup About 21 Bites	1/2 Cup About 14 Bites