

Long Livo

Frozen Grapes – Simple Sweet Snack

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

Ingredients

Main Ingredients

- [ ] 2 lbs seedless grapes, washed and dried
- [ ] Pinch of sea salt (optional)
- [ ] 1 tsp honey or maple syrup (optional)
- [ ] Fresh mint leaves for garnish (optional)
- [ ] Lemon zest, a pinch

Instructions

1. Spread the washed, dry grapes in a single layer on a baking sheet, making sure they don’t touch.
2. Place the sheet in the freezer for 2-3 hours, or until the grapes are solid.
3. Transfer the frozen grapes to a zip-top bag or airtight container; label with the date.
4. When ready to serve, toss gently with a pinch of sea salt, a drizzle of honey, and a sprinkle of lemon zest; garnish with mint if desired.

Nutrition per serving

104 kcal	1 g	27 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure grapes are completely dry before freezing to avoid freezer burn.
- If you plan to store for longer than a month, consider flash freezing on a metal tray for best texture.
- A splash of coconut water on the grapes before freezing adds a subtle tropical hint.