



Fro-Yo Grapesicles



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1/4th of recipe (about 10 grapes): 70 calories, <0.5g total fat (0g sat. fat), 13mg sodium, 15.5g carbs, 1g fiber, 13g sugars, 3.5g protein

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Prep: 20 minutes

Freeze: 1 hour



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Ingredients

1/2 cup fat-free plain Greek yogurt
2 packets natural no-calorie sweetener
1/8 tsp. vanilla extract
2 cups red and/or green seedless grapes

Directions

Line a baking sheet with parchment paper.

In medium bowl, combine yogurt, sweetener, and vanilla extract. Mix well.

Pierce one grape with a toothpick, dunk into the yogurt mixture, and rotate to lightly coat. Transfer to the baking sheet, toothpick end up.

Repeat with remaining grapes, evenly spacing them on the baking sheet.

Freeze until solid, at least 1 hour.

MAKES 4 SERVINGS

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