SHOPPING LIST

Frozen Grapes

- ◯ Red Grapes
- ◯ Green Grapes

First, check off the items you already have at home.

CUT

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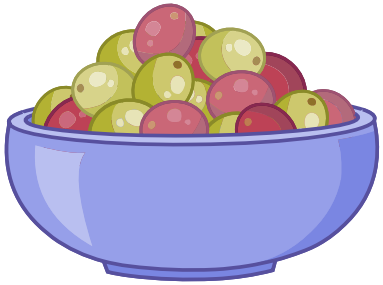
Professor Fizzy presents

SNACKS

PBS KIDS GO!

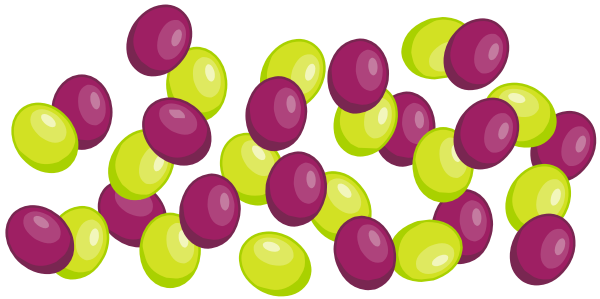
FIZZY'S LUNCH LAB

Frozen Grapes



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	4
YES	four hours	Easy	

YOU WILL NEED



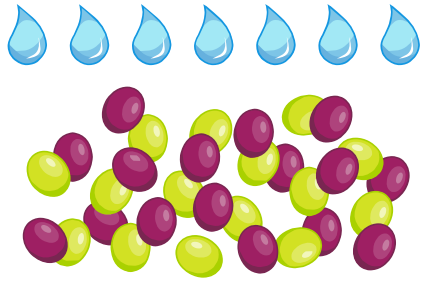
4 small handfuls red or green grapes (about 1 pound)

DIRECTIONS

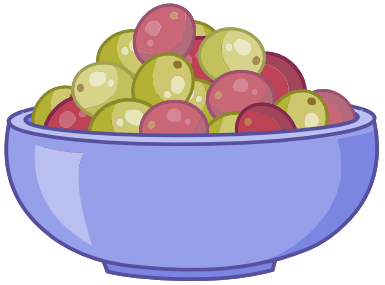
ATTENTION KIDS: Always cook with a grownup!

The grapes can also be frozen on the vine to keep this snack portable.

STEP 1: Wash and completely dry the grapes using a clean kitchen towel or paper towel.



STEP 2: Place in a freezer proof container and transfer to the freezer for at least 4 hours, and up to one week. Serve.



pbskidsgo.org/lunchlab

Nutrition Facts

Serving Size (113g)
Servings Per Container 4

Amount Per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 18g	
Protein 1g	

Vitamin A 2% • Vitamin C 20%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4