

Treasure Barrel

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 lemon zest (optional)
- [ ] Fresh mint leaves for garnish (optional)

Optional Enhancements

- [ ] 1 tbsp honey
- [ ] 1 tbsp fresh lemon or lime juice

Instructions

1. Place the grapes in a single layer on a baking sheet; this keeps each grape from sticking together.
2. If desired, sprinkle a pinch of sea salt and toss gently with lemon zest or a splash of citrus juice.
3. Transfer the tray to the freezer and let the grapes chill for at least 2-3 hours, until firm.
4. Remove from the freezer, garnish with mint leaves, drizzle with honey if using, and serve immediately.

Nutrition per serving

70 kcal	1 g	18 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure grapes are completely dry before freezing to avoid ice crystals.
- For a festive touch, freeze grapes on a colourful silicone mat.
- You can freeze grapes ahead of time and keep them in a zip-top bag for quick snacking.