

HEALTHY JOLLY RANCHER GRAPES

Makes 1 serving

½ cup (or 15-17 grapes) per serving

INGREDIENTS:

- ½ cup or 15-17 grapes green grapes, cut in half
- ¼ fresh lime

INSTRUCTIONS:

1. Add the grapes in a medium bowl and squeeze the lime on top.
2. Serve cold.

NUTRITION FACTS

Amount per serving:

Calories: 32

Total Fat: 0.3 g

Sodium: 2 mg

Total Carbohydrate: 9.5 g

Dietary Fiber: 0.9 g

Sugars: 8 g (no added sugars)

Protein: 0.4 g

Recipe provided by: Tabitha Brown (May 2020).

Photo provided by: @mianicolewilson7

