

Helergon Kitchen

Frozen Grapes – Quick & Simple Snack

5 min Prep time	**5 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 2 cups seedless grapes, washed
- [ ] 1 tsp lemon zest (optional)
- [ ] Pinch of sea salt (optional)

Instructions

1. Rinse the grapes under cool water, remove any stems, and gently pat them dry with a clean kitchen towel.
2. If using, toss the grapes with lemon zest or a pinch of sea salt to enhance flavor.
3. Spread the grapes in a single layer on a parchment-lined baking tray, making sure they don’t touch.
4. Place the tray in the freezer for at least 2 hours, or until the grapes are firm and icy.
5. Transfer frozen grapes to a zip-top bag or airtight container for storage, or serve immediately.

Nutrition per serving

60 kcal	0.6 g	15 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure grapes are completely dry before freezing to prevent ice crystals.
- For a sweeter twist, drizzle a tiny amount of honey after freezing.
- If you want a pop of color, sprinkle a little shredded coconut just before serving.