

Helergon Kitchen

Kool-Aid Grapes – Sweet, Colorful Snack

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 2 lbs red seedless grapes, washed
- [ ] 1 cup cold water
- [ ] 1/4 cup Kool-Aid powder (any flavor)
- [ ] 1 tsp sugar (optional)
- [ ] 1 tsp lemon juice
- [ ] Fresh mint leaves for garnish (optional)

Instructions

1. Rinse the grapes gently, pat them dry with a clean towel, and place them in a large bowl.
2. In a separate jug, whisk together cold water, Kool-Aid powder, sugar (if using), and lemon juice until fully dissolved.
3. Pour the colored liquid over the grapes, ensuring they are fully submerged. Let them sit for 20-30 minutes, stirring once halfway through.
4. Drain the grapes, toss lightly with a few fresh mint leaves, and serve chilled. You can also check out fruit salad ideas for a complementary side.
5. Store any leftovers in an airtight container in the refrigerator and enjoy within a day.

Nutrition per serving

65 kcal	1 g	16 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the color seems pale, add a pinch more Kool-Aid.
- For an extra pop, drizzle a tiny amount of honey just before serving.
- These grapes make a lovely topping for smoothie bowls.