



Grape Ice Cream

FLYNTKIDSCOOK

Ingredients

2 cups Frozen grapes
1 Tbsp Greek yogurt

Optional toppings:

2 Tbsp Slivered almonds ~or~
 other toasted nuts

Honey

Supplies & Equipment

- Blender ~or~ Food processor
- Measuring cups
- Measuring spoon
- Mixing spoon

Directions

1. Add frozen grapes to a blender or food processor. Blend until grapes are finely chopped.
2. Add Greek yogurt to grapes and continue to blend until the mixture comes together to make an ice cream. Tip: Add a teaspoon of water to the blender if the ice cream is not coming together.
3. Scoop into bowls and enjoy right away. If you like, drizzle some honey on top of ice cream and top with toasted nuts.

*Recipe from foodandnutrition.org

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