



Makes 8 pops
Preparation Time: 15 minutes
Cook Time: 4 hours

INGREDIENTS:

4 cups red or black seedless
grapes

Grape Ice Pops

With just one whole-food ingredient and a few hours of freezer time, you can have an icy and refreshing treat.

No ice pop molds? Use 5-oz. paper cups. After filling the cups, cover the tops with foil. Cut a slit in the center of each foil top and insert wooden sticks. Place cups on a small baking sheet and transfer to freezer.

By Nancy Macklin, RDN

- 1 Place grapes in a high-speed blender. Cover and blend until mixture is very smooth. Pour into ice pop molds. Add sticks. Freeze at least 4 hours or until pops are completely frozen.
- 2 Run molds under hot water to help release ice pops.