

SWEET AND SOUR GRAPES

A simple way for kids to learn to make a healthy snack.



Sweet and Sour Grapes



SERVINGS



PREP TIME



FREEZING TIME

Ingredients

250 mL (1 cup) grapes

1 mL (¼ tsp) citric acid or 1 tbsp lemon juice

Instructions

1. Wash grapes and cut in half, lengthwise.
2. Place grapes in a container with a tight-fitting lid.
3. Add citric acid, close container, and shake well to coat.
4. Place in the freezer for about an hour or until frozen through.
5. Serve frozen.



KIDS IN THE KITCHEN

Older kids can practice their knife skills and slice grapes. Kids can help by shaking the container.



MIX IT UP

Looking for a less sour treat or can't find citric acid? Instead, use 1 tbsp (15 mL) of lemon juice.



CHEF'S TIP

Cutting grapes in half lengthwise makes it safer for little ones to eat.



DID YOU KNOW?

Citric acid is the all-natural acid that's found in oranges, lemons, and limes. It's what makes you pucker! Find it in bulk food stores, online, and supermarkets.



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