

Choco Fever Dream

Frozen Grapes Snack

Effortlessly frozen grapes that chill perfectly for a refreshing snack any time of day.

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

Ingredients

Main Ingredients

- [ ] 2 cups seedless grapes (red or green)
- [ ] Pinch of sea salt (optional)
- [ ] 1 tsp lemon zest (optional)
- [ ] 2 tsp honey (optional, for drizzling after freeze)

Instructions

1. Wash the grapes gently under cool water, then pat them completely dry with a clean kitchen towel.
2. If using, toss the grapes with a pinch of sea salt and lemon zest in a bowl; let them sit for a minute.
3. Spread the grapes in a single layer on a parchment-lined baking sheet, making sure they aren’t touching.
4. Place the sheet in the freezer for 2-3 hours, or until the grapes are firm. Once frozen, transfer to an airtight container or bag.
5. When ready to serve, drizzle with honey if desired and garnish with fresh mint leaves.

Nutrition per serving

70 kcal	1 g	18 g	0 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - If you have a small freezer compartment, freeze in batches to avoid overcrowding.
> - For an extra pop, add a tiny sprinkle of flaky sea salt just before serving.
> - These freeze well, but for the best texture enjoy them within a month.