



# Frozen Sweet and Sour Grapes

5'

Hands on

2 hours'

Hands off

500 g

Portion(s)

1

Difficulty



## Ingredients

- 4 tablespoons granulated sugar
- 2 teaspoons citric acid or sour salt
- 500 g grapes, removed from stem

## Διατροφικός πίνακας

Nutrition information per 100 gr.

107 Calories (kcal)	0.18 Total Fat (g)	0.05 Saturated Fat (g)	23.3 Total Carbs (g)
5%	0%	0%	9%
23.3 Sugars (g)	0.56 Protein (g)	1.2 Fibre (g)	0.0 Sodium (g)
26%	1%	5%	0%

## Method

- Combine the sugar and citric acid in a small bowl.
- Remove grapes from stem and wash. Do not dry them off.
- Place them in a resealable bag and add the sugar mixture.
- Seal the bag and shake to coat the grapes.
- Store in freezer. Remove when needed. They are ready to eat.

## Tip

This is a great way to enjoy grapes even at the heart of winter, while also having a tasty treat ready and waiting... just in case we get a sudden sweet tooth!