

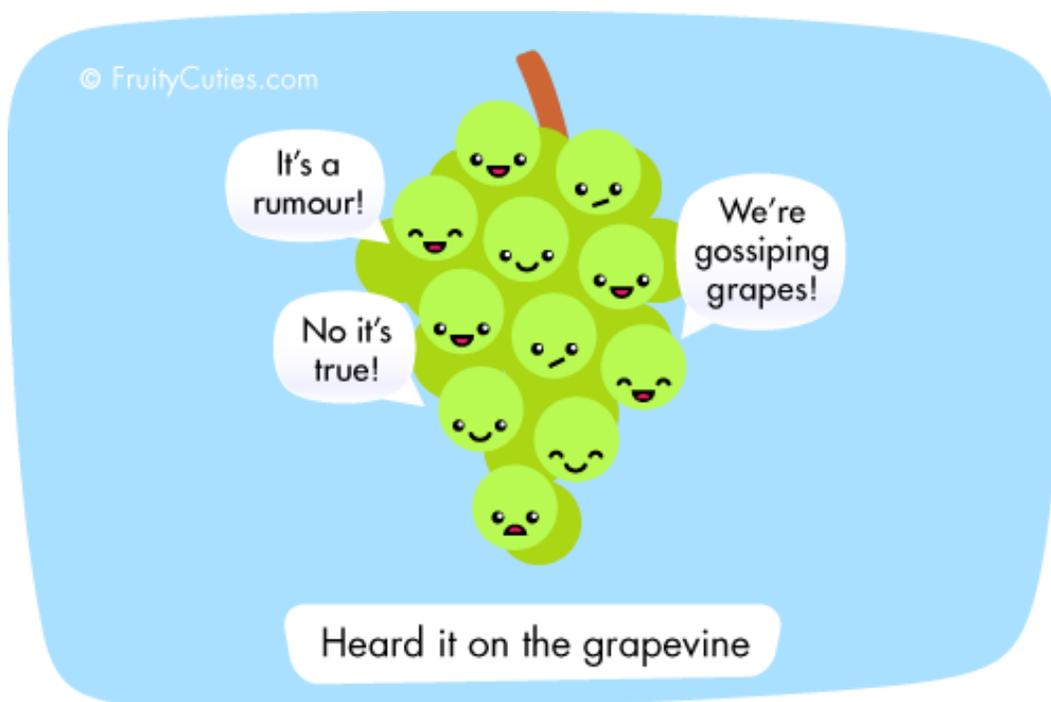
**Black Grapes** are one color variety that also comes in red, green, purple, golden and blue. Black grapes are seedless but there might be one or two tiny edible seeds. Grapes are part of the berries family. 80% of grapes are water with high dietary fibers. It is a rich source of vitamins A, C and K. There are antioxidants in the grape skin that help to keep you healthy. Bloom is the naturally occurring powdery-white coating that protects grapes from moisture loss and decay. 72 million tons of grapes are grown every year around the world. A person eats an average of 8 pounds of grapes every year. Grapes are mentioned in ancient Egyptian hieroglyphics.

**Why did the grape stop in the middle of the road?**

*Because he ran out of juice.*

**Why aren't grapes lonely?**

*Because they come in bunches.*



# Frozen Grape Pops

These frozen grape pops make an excellent party dessert with a variety of toppings.

## INGREDIENTS

- 2 Cups Black Seedless Grapes
- Plain Greek Yogurt
- Melted White or Milk Chocolate
- 1 Cup Chopped Pistachios
- Toothpicks

## DIRECTIONS

1. Insert a toothpick into each grape.
2. Place grapes onto a baking tray and freeze for one hour.
3. Half dip the semi-frozen grapes into the yogurt or melted chocolate one a time.
4. Top each grape pop with crushed pistachios. Additional toppings like crushed pretzels, coconut flakes, or graham crackers can be used for a variety of flavors.



# Grape Jelly Cups

Kids and adults will enjoy the texture and sweetness of this simple dessert featuring black seedless grapes. Serves 8.

## INGREDIENTS

- 1 Bunch Black Seedless Grapes
- 2 Cups Clear Apple Juice
- 3 Tsp Unflavored Powdered Gelatin
- 1 Tsp Water

## DIRECTIONS

1. Pour the juice into a small saucepan. Mix gelatin and water in a small bowl, then add to the pan.
2. Whisk over low heat for 5 minutes until gelatin dissolves and mixture is warm. Set aside for 20 minutes to cool.
3. Remove grapes from bunch and place into small plastic cups or glasses.
4. Pour the apple juice mixture over the grapes until they are almost covered. Refrigerate for 4 hours until set and well chilled.

*Tip: Try substituting cranberry or pineapple juice for the apple juice for a tangy twist.*



## PB & Grape Rollups

A simple and healthy bite-sized twist on PB&J. If your kids have a peanut allergy, try swapping coconut butter or sunflower seed butter for the peanut butter.

### INGREDIENTS

- Creamy or Crunchy peanut butter
- 1 cup grapes (cut in halves or thirds)
- 1 multi-grain tortilla

### DIRECTIONS

1. Spread peanut butter evenly on tortilla to within ½ inch of the edge.
2. Top with sliced grapes.
3. Roll up the filled tortilla and cut into 1 inch slices.



# Nutrition Information

**BLACK SEEDLESS GRAPES** Serving Size: 150 (g)

Avg Quantity per Serving	% Daily Intake* per Serving	Avg Quantity per 100g	
<b>Energy (kJ)</b>	417	5%	278
<b>Energy (Calories)</b>	99.7	5%	66.4
<b>Protein (g)</b>	1.8	4%	1.2
<b>Fat - total (g)</b>	0.15	0%	0.1
- saturated (g)	0	0%	0
<b>Cholesterol (g)</b>	0	0%	0
<b>Carbohydrate (g)</b>	21	7%	14
- sugars (g)	21	23%	14
<b>Sodium (mg)</b>	4.5	0%	3
<b>Dietary fibre (g)</b>	4.95	17%	3.3
<b>Potassium (mg)</b>	225	113%	150
<b>Vitamin C (mg)</b>	7.5	19%	5
<b>Vitamin K (microgram)</b>	21.9	27%	14.6

\* Based % Daily Intakes are based on an average adult diet of 8,700kJ.