

Grape Juice and Fruit Freeze

4 servings

Ingredientes:

- 2 cups grape juice
- 2 tablespoons lemon juice
- 1 cup canned mixed fruit (drained)
- 1/2 tablespoon cinnamon
- 1/2 cup plain nonfat yogurt (if you like)



Preparation:

- Mix all ingredients in a blender until smooth. If using yogurt, add that too.
- Pour over crushed ice to serve.

Tip: Use 1 cup frozen pitted cherries or 1 cup drained canned cherries, or 1 cup drained canned pears.

Nutrition Facts			
Serving Size 1			
Servings Per Container 4			
Amount Per Serving			
Calories 130		Calories from Fat	
%			
Total Fat 0g			
Saturated Fat 0g			
Trans Fat 0g			
Cholesterol N/A			
Sodium 30mg			
Total Carbohydrate 30g			
Dietary Fiber 2g			
Sugars 27g			
Protein 3g			
Vitamin D N/A		Potassium N/A	
Calcium 84mg		Iron 1mg	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories: 2,000		2,500	
Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
Fat 9		Carbohydrate 4 Protein 4	

Source: <https://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/grape-juice-and-fruit-freeze>

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It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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