



Fro-Yo Grapesicles



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1/4th of recipe (about 10 grapes): 70 calories, <0.5g total fat (0g sat fat), 13mg sodium, 15.5g carbs, 1g fiber, 13g sugars, 3.5g protein

Freestyle™ SmartPoints® value 0*

SmartPoints® value 0*

Prep: 20 minutes

Freeze: 1 hour



Tagged: [Dessert Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

Ingredients

1/2 cup fat-free plain Greek yogurt
2 packets natural no-calorie sweetener
1/8 tsp. vanilla extract
2 cups red and/or green seedless grapes

Directions

Line a baking sheet with parchment paper.

In medium bowl, combine yogurt, sweetener, and vanilla extract. Mix well.

Pierce one grape with a toothpick, dunk into the yogurt mixture, and rotate to lightly coat. Transfer to the baking sheet, toothpick end up.

Repeat with remaining grapes, evenly spacing them on the baking sheet.

Freeze until solid, at least 1 hour.

MAKES 4 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.