



Sour Patch Grapes



[Click to see how it's made](#) !

Entire recipe: 114 calories, <0.5g total fat (0g sat fat), 3mg sodium, 28.5g carbs, 1.5g fiber, 23.5g sugars, 1g protein

Green Plan [SmartPoints](#)® value 0*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

Prep: 5 minutes

Freeze: 1 hour



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#)

Ingredients

- 1 cup red and/or green seedless grapes
- 1 packet (about 1 tsp.) sugar-free lemonade drink mix

Directions

Add just-rinsed grapes to a sealable plastic bag. Sprinkle with drink mix. Seal bag and shake to mix.

Place grapes in a single layer in a freezer-safe container or on a large plate.

Freeze until solid, at least 1 hour.

MAKES 1 SERVING

[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.