



Sweet Tooth Satisfying Summer Snacks

Osinga Nutrition

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Fruits

- 6 cups Grapes
- 1 tsp Lemon Juice
- 1 tsp Lemon Zest

Breakfast

- 2 1/2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 2 tbsps Chia Seeds

Boxed & Canned

- 1/3 cup Jello Mix (grape)
- 1/3 cup Jello Mix (key Lime)
- 1/3 cup Jello Mix (strawberry)

Other

- 1 1/4 cups Water



5 Minute Grape Sorbet

2 servings

5 minutes

Ingredients

2 cups Grapes (Grown in the USA)
1 tsp Lemon Zest (finely grated)
1 tsp Lemon Juice
2 tbsps Maple Syrup

Nutrition

Amount per serving	
Calories	115
Fat	0g
Carbs	30g
Fiber	1g
Sugar	27g
Protein	1g
Cholesterol	0mg
Sodium	4mg
Vitamin A	93IU
Vitamin C	6mg
Calcium	35mg
Iron	0mg

Directions

- 1 Freeze: Remove grapes from stem and arrange onto a plate or baking sheet in a single layer. Freeze until solid, at least 4 hours.
- 2 Blend: In a food processor, puree frozen grapes, scraping down the sides as needed. Add remaining ingredients and puree until smooth.



Grape Chia Jam

4 servings

25 minutes

Ingredients

2 cups Grapes (Grown In The USA)
 1/4 cup Water
 2 tbsps Chia Seeds
 1 1/2 tsps Maple Syrup

Nutrition

Amount per serving	
Calories	66
Fat	2g
Carbs	12g
Fiber	2g
Sugar	9g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	46IU
Vitamin C	2mg
Calcium	49mg
Iron	1mg

Directions

- 1 Halve grapes. Place grapes and water in a small saucepan over medium high heat. Bring to a boil. Reduce heat and simmer for 15 minutes. Gently mash the grapes with a fork or spatula as they cook.
- 2 Transfer the grapes and water to a blender. Pulse or blend until smooth.
- 3 Pour into a small mixing bowl and add maple syrup.
- 4 Add chia to the bowl and stir until well combined. Pour contents into a mason jar and place in the refrigerator.
- 5 Chill jam for at least two hours before serving.



Sour Patch Grapes

4 servings
10 minutes

Ingredients

- 1 cup Water
- 1/3 cup Jello Mix (strawberry) (Vegan & Sugar Free)
- 1/3 cup Jello Mix (key Lime) (Vegan & Sugar-Free)
- 1/3 cup Jello Mix (grape) (Vegan & Sugar-Free)
- 2 cups Grapes (Grown In The USA)

Nutrition

Amount per serving	
Calories	31
Fat	0g
Carbs	8g
Fiber	0g
Sugar	7g
Protein	0g
Cholesterol	0mg
Sodium	2mg
Vitamin A	46IU
Vitamin C	2mg
Calcium	12mg
Iron	0mg

Directions

- 1 Pour 1/3 of each flavor into small bowls.
⋮
- 2 Poke a toothpick in through the spot where the stem was attached.
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- 3 Using toothpick, dip in water and roll in mix. (Or just have a bowl of grapes sitting in water).
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- 4 Remove the toothpicks after you dip them and freeze them on a baking sheet. Enjoy!