



California Grape Recipes

Fruits

- ☐ 1/2 Avocado
- ☐ 4 cups California Grapes

Breakfast

- ☐ 1 tbsp All Natural Peanut Butter
- ☐ 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 tbsp Chia Seeds

Frozen

- ☐ 1 1/8 cups Frozen Edamame

Vegetables

- ☐ 2 Carrot
- ☐ 2 stalks Celery
- ☐ 2 Cucumber
- ☐ 1/2 cup Red Onion

Boxed & Canned

- ☐ 2 cups Chickpeas
- ☐ 1/2 cup Roasted Beans
- ☐ 1 oz Whole Grain Crackers

Bread, Fish, Meat & Cheese

- ☐ 2 slices Bread
- ☐ 1 oz Havarti Cheese
- ☐ 4 ozs Smoked Tofu

Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar
- ☐ 1 tbsp Dijon Mustard

Cold

- ☐ 1/4 cup Hummus
- ☐ 1/2 cup Unsweetened Coconut Yogurt



California Grape Tofu 'Cheese' Skewers

2 servings

5 minutes

Ingredients

1 1/2 cups California Grapes (I used green and black grapes)
1 oz Havarti Cheese ((cubed) I used a vegan cheese)
4 ozs Smoked Tofu
1/2 Cucumber (sliced)
1/2 Carrot (sliced)

Directions

- 1 Assemble the skewers by starting with a California Grapes, then smoked tofu, then another California Grape, then the cheese and finishing with a California Grape. Repeat.
- 2 Assemble snack box with the skewers, cucumber, carrots and more California Grapes if desired.

Nutrition

Amount per serving	
Calories	243
Fat	12g
Carbs	19g
Fiber	4g
Sugar	14g
Protein	16g
Cholesterol	16mg
Sodium	184mg
Vitamin A	2889IU
Vitamin C	6mg
Calcium	361mg
Iron	3mg



Crunchy California Grape Snack Box

2 servings

5 minutes

Ingredients

- 1/2 cup Roasted Beans
- 1 cup California Grapes
- 1/2 Cucumber (sliced)
- 1/2 Carrot (sliced)
- 2/3 cup Frozen Edamame (thawed)

Directions

1

Divide the roasted beans, edamame, veggies and California Grapes between boxes. Enjoy!

Nutrition

Amount per serving	
Calories	241
Fat	7g
Carbs	27g
Fiber	12g
Sugar	12g
Protein	21g
Cholesterol	0mg
Sodium	166mg
Vitamin A	2827IU
Vitamin C	9mg
Calcium	96mg
Iron	3mg



Chickpea Waldorf Salad Snack Box With California Grapes

4 servings

15 minutes

Ingredients

1/2 cup Unsweetened Coconut Yogurt
2 tbsps Apple Cider Vinegar
1 tbsp Dijon Mustard
1 cup California Grapes (halved)
2 cups Chickpeas (cooked, drained and rinsed)
2 stalks Celery (chopped)
1/2 cup Red Onion (finely diced)
1/2 cup Frozen Edamame
1/4 cup Hummus
1 oz Whole Grain Crackers
1 Cucumber (sliced)
1 Carrot (sliced)

Nutrition

Amount per serving	
Calories	291
Fat	8g
Carbs	43g
Fiber	10g
Sugar	12g
Protein	13g
Cholesterol	0mg
Sodium	212mg
Vitamin A	2824IU
Vitamin C	8mg
Calcium	156mg
Iron	4mg

Directions

- 1 Prepare your dressing by combining your yogurt, apple cider vinegar, mustard and 1 tsp water in a blender or food processor. Blend until smooth.
- 2 Make the waldorf salad by combining chickpeas, celery, grapes and onion in a large bowl. Stir in the dressing and toss until evenly coated. Place aside.
- 3 Next, make the edamame hummus by combining the edamame with hummus in a food processor. Place aside.
- 4 Assemble snack boxes with the waldorf salad, edamame hummus, sliced cucumbers and carrots, along with crackers. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups served over baby spinach.

On-the-Go: Turn it into a mason jar salad by layering the spinach in the bottom of the jar and the waldorf mix on top.

Nut-Free: Use sunflower seeds instead of walnuts.



PB & California Grape Jelly Sandwich Snack Box

2 servings

5 minutes

Ingredients

1/2 cup California Grapes (I used black grapes)
1 tbsp Chia Seeds
1 tbsp Maple Syrup (or to taste)
2 slices Bread
1 tbsp All Natural Peanut Butter
1/2 Avocado

Directions

- 1 To make the California Grape jam, puree 1 cup of California Grapes in a food processor until the skins are broken down. Add in the chia seeds and maple syrup and pulse again. Pour into a container and let the mixture gelatinize in the fridge (takes about one hour).
- 2 Add jam to snack box with bread, peanut butter and avocado and more California Grapes if desired.

Nutrition

Amount per serving	
Calories	275
Fat	16g
Carbs	31g
Fiber	7g
Sugar	13g
Protein	6g
Cholesterol	0mg
Sodium	135mg
Vitamin A	96IU
Vitamin C	6mg
Calcium	77mg
Iron	1mg