

Creamy Grape Dessert

Makes: 2 Servings

Unsweetened grape juice puts a new twist on an old favorite. Mix unsweetened grape juice with ice cream and lemon juice for a sweet creamy treat.

Ingredients

1 cup grape juice
1/2 tablespoon lemon juice
2 tablespoons sugar
2 cups low-fat vanilla ice cream

Directions

1. Mix all ingredients in a blender until smooth.
2. Serve in a bowl with a spoon, or as a drink.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	170	
Total Fat	3 g	
Protein	3 g	
Carbohydrates	33 g	
Dietary Fiber	0 g	
Saturated Fat	2 g	
Sodium	50 mg	