



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

Jenna Smith, MPH, RD

Nutrition & Wellness Educator

Serving McLean, Livingston, & Woodford Counties

go.illinois.edu/LMW

Caramel Apple Grapes



1 container fat-free caramel dip
1 bunch seedless green grapes
Toothpicks
1 cup lightly salted peanuts, crushed

Instructions: In a microwave-safe bowl, heat caramel dip in 10 second intervals until warm and has a smooth consistency. Using a toothpick, dip each grape into caramel and then into a bowl of crushed peanuts. Place on a plate and refrigerate until ready to serve.

Yield: about 15 servings, 5 grapes each

Nutrition Facts (per serving): 190 calories, 5 grams fat, 140 milligrams sodium, 36 grams carbohydrate, 4 grams protein