



Dart's Dish on healthy eating!



Grapesicles

Ingredients: 8 oz. low fat vanilla yogurt, 16 oz. can grape juice concentrate

Directions: Mix together yogurt and grape juice concentrate. Spoon into popsicle molds or three-ounce paper cups. Insert popsicle sticks or plastic spoons. Freeze. Makes five servings.

Modification: Try with other 100% juices. Add pieces of fruit for texture.

**Good source
of calcium**

FAMILY ENGAGEMENT