



Long Livo

Kool-Aid Grapes – Quick & Easy Snack

5 min

Prep time

Easy

Difficulty

5 min

Total time

American

Cuisine

4

Servings

Snack

Course

Ingredients

Main Ingredients

- ☐ 2 cups fresh grapes (red or green)
- ☐ 2 tbsp Kool-Aid powder (purple grape flavor)
- ☐ 1 tsp lemon juice
- ☐ 1 tbsp water
- ☐ 1 tsp sugar (optional)
- ☐ Fresh mint leaves for garnish (optional)

Instructions

- 1 Wash the grapes gently, then pat them completely dry on a clean kitchen towel.
- 2 In a small bowl, combine the Kool-Aid powder, lemon juice, water, and sugar; stir until the powder dissolves into a thin, glossy liquid.
- 3 Place the grapes in a larger bowl and drizzle the Kool-Aid mixture over them. Toss gently, just enough for every grape to get a light coating.
- 4 Let the grapes sit for a minute so the coating sets, then transfer to a serving dish. Garnish with mint leaves if you like.
- 5 Serve immediately, or chill briefly for a cooler bite.

Nutrition per serving

65 kcal

Calories

1 g

Protein

16 g

Carbs

0 g

Fat

Tips & notes

- If the coating seems too thin, add a pinch more Kool-Aid powder.
- For a cooler snack, try these frozen grapes after coating.
- Pair with a simple fruit dip for a party platter.