



## Creamy Grape Dessert

**Source:** Adapted from *Welchs.com* | **Yield:** 2 servings; 170 Calories per serving.  
Total fat 3g; Protein 3g; Total carbohydrate 33g; Dietary fiber 0g, Sodium 50mg.

### INGREDIENTS:

- 1 cup grape juice
- ½ 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.

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.