

Fresh Honeydew Melon with Frosted Grapes

This dish is mostly fruit with added sugar substitute. It offers vitamin C, anti-oxidants, and fiber. I developed the recipe as a fairly low-calorie dessert as opposed to pie, cookies, or ice cream.

Recipe submitted by Jeanne Polak-Recht, Registered Dietitian

Amount	Measure	Ingredients	Preparation Method
1	Whole, small	Honeydew melon	Ripe, rind removed, cut into 1 inch pieces
½	Pound	Grapes	
		Sugar substitute	

1. Cut melon in half and then in quarters; remove from rind and cut melon into 1 inch cubes.
2. Cover with plastic wrap and refrigerate.
3. Place a sheet of waxed paper in a flat pan.
4. Wash grapes and remove stems.
5. Spread sugar substitute on waxed paper and roll in sugar substitute.
6. Sprinkle grapes lightly with water and roll in sugar substitute until grapes are coated.
7. Place in freezer for a minimum of two hours, can remain overnight if desired.
8. When ready to serve, place honeydew in bowl and place frozen grapes on top of melon.

Yield: Six (6) servings: for each serving allow ¼ cup grapes added to one cup melon

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	81	15mg (<1%)	-	-	-	2g (8%)

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