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Prevent and Protect
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GREEN FRUIT BOWL WITH FROZEN GRAPES

Serves 8

- 12 ounces green grapes
- 2 cups water
- 1 cup of sugar
- 1 cup lemon thyme or regular thyme sprigs, coarsely chopped
- 1 green apple
- 2 kiwi fruits, peeled and sliced
- 4-5 cups honeydew melon balls (from 2 melons)

- Freeze grapes on a rimmed baking sheet for 1 hour
- Meanwhile, make the syrup:
 - Bring water and sugar to a simmer in a medium saucepan, stirring until sugar dissolves.
 - Remove from heat, and add lemon thyme. Let stand, covered, until cooled completely.
 - Strain syrup through a fine sieve; discard solids.
- Thinly slice apple. Divide apple, kiwifruits, melon, and grapes among 8 bowls. Pour syrup over tops just before serving.