



RED GRAPES & APPLE MIX

DID YOU KNOW?

- Red Grapes are small, round berries that grow in clusters on a vine.
- Apples are fat, sodium, and cholesterol-free. They are also a good source of fiber, with a medium apple containing about 4-5 grams.
- Red Grapes are firm, crisp, and sweet with a mild, neutral flavor.
- Apples are part of the rose family: This is evident in the blossoms, which resemble tiny pink roses.

FUN FACT!

Grapes are an excellent source of Vitamin C, which helps boost your immune system. Apples originated in Kazakhstan, in central Asia, and were carried across the Silk Road by traders.



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