



Cinnamon Grape Salad

A nice refreshing dessert as well.

½ cup Low-fat, vanilla yogurt
¼ tsp. Ground cinnamon
2 cups Seedless green grapes
2 cups Seedless red grapes

Makes 6 servings

- Combine yogurt and cinnamon in a large bowl. Mix well.
- Add grapes, toss well, cover, chill before serving.

Nutrition Information:

Calories 54	Total Fat: 0.34g
Saturated Fat 0.19g	Carbohydrates: 12.55g
Dietary Fiber: 0.53g	Protein: 1.39g

Recipe adapted from Cooking Light Magazine