

# GRAPE SALAD



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## Ingredients

Yield: 8 servings

- 4 pounds seedless red grapes
- 1 (8 ounce) package low fat cream cheese
- 8 ounces of low fat plain Greek yogurt
- 1/4<sup>th</sup> cup natural baking blend or 1/2 cup natural caloric free sweetener
- 1 tsp vanilla extract
- 4 ounces chopped pecans
- 2 tbsp brown sugar

## Directions

1. Wash and dry grapes. In a large bowl, mix together the cream cheese, sour cream, sugar and vanilla.
2. Add grapes and mix until evenly disbursed. Sprinkle with brown sugar and pecans, mix again and refrigerate until serving.

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1/2 cup	127	5.7 g	3 g	18 g	10 g

Carbohydrate Exchanges: 1