



Creamy Spiced Grapes

Ingredients

2 Tablespoons vanilla low-fat yogurt
Dash ground cinnamon
Dash ground cardamom
½ cup seedless green grapes
½ cup seedless red or black grapes

Serves 2

Preparation

Combine first 3 ingredients in a large bowl and mix well. Add grapes and stir gently until well coated. Cover and refrigerate until chilled.

Nutrition information per serving: Calories 52, Total Fat 2 g, Saturated fat <.1 g, Sodium 1 mg, Carbohydrate 13.7 g, Fiber .7 g, Protein .3 g