



Cinnamon Grape Salad

Servings: 4

Rinse fresh fruits under running water.

½ cup low-fat vanilla or fruit yogurt

⅛ to ¼ teaspoon cinnamon (optional)

2 cups seedless green grapes

2 cups red grapes

1. Wash hands and surfaces.
2. Combine yogurt and cinnamon in a bowl, stir well.
3. Add red and green grapes, toss well.
4. Cover and chill.
5. Refrigerate leftovers immediately.



Nutrition Facts

4 servings per container

Serving size 1 cup (182g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 33g 12%

Dietary Fiber 1g 4%

Total Sugars 25g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 51mg 4%

Iron 1mg 6%

Potassium 332mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- Cut grapes in smaller pieces (no larger than ½ inch) for children under 4 years to prevent choking.
- They learn from watching you — eat fruits and veggies and your kids will, too.
- Use fresh, local veggies. Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance