



Cinnamon Grape Salad

Servings: 4

Rinse fresh fruits under running water.

Ingredients:

- ½ cup low-fat vanilla or fruit yogurt
- ⅛ to ¼ teaspoon cinnamon (optional)
- 2 cups seedless green grapes
- 2 cups red grapes

Directions:

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.



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Nutrition Facts

Amount Per Serving

Calories 140

Calories from Fat 5

% Daily Value*

Total Fat .5g

1%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 20mg

1%

Total Carbohydrate 33g

11%

Dietary Fiber 1g

4%

Sugars 29g

Protein 2g

Vitamin A 4%

Vitamin C 25%

Calcium 4%

Iron 4%

Tips:

- ☺ Cut grapes into 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:
agebb.missouri.edu/fmktdir/index.htm
or other Missouri local foods at:
foodcircles.missouri.edu/sources.htm

Funded in part by USDA SNAP.

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 food stamp office or go online to dss.mo.gov/fsd/fstamp/