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Cinnamon Grape Salad

Ingredients:

- 2 cups seedless green grapes
- 2 cups seedless red grapes
- ½ cup low fat vanilla yogurt
- ¼ teaspoon cinnamon

Makes 8 servings - 0% calories from fat

Instructions:

1. Place grapes in a colander, place in the sink, and wash grapes thoroughly.
2. Slice grapes in half, put in a large bowl.
3. Add vanilla yogurt and cinnamon to sliced grapes.
4. Mix well, cover and chill.

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 1g	
Vitamin A 2%	• Vitamin C 15%
Calcium 4%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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