

GRAPE SALAD

Source: CCE Chenango County SNAP-Ed NY

Ingredients:

- 2 lbs. seedless grapes, washed and cut in halves
- 4 oz. Neufchatel cream cheese, softened
- ½ cup non-fat vanilla Greek yogurt
- 1 Tbsp. Brown Sugar
- 1-½ Tbsp. Sunflower Seeds

Instructions:

1. In a large bowl, beat the cream cheese, yogurt, and brown sugar until blended. Add grapes and toss to coat.
2. Top with sunflower seeds. Cover and refrigerate until serving.

Southern Tier SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program- SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to www.myBenefits.ny.gov or contact 1-800-342-3009. This institution is an equal opportunity provider.

Nutrition Facts

12 servings per container

Serving size 3/4 cup (97g)

Amount per serving

Calories **90**

% Daily Value*

Total Fat 3g 4%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 40mg 2%

Total Carbohydrate 17g 6%

Dietary Fiber 1g 4%

Total Sugars 14g

Includes 1g Added Sugars 2%

Protein 2g

Vitamin D 0mcg 0%

Calcium 32mg 2%

Iron 0mg 0%

Potassium 183mg 4%

*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.

 **SNAP-Ed
New York**
SAVE TIME. SAVE MONEY. EAT HEALTHY.