

Grape Salad

INGREDIENTS

- 4 cups seedless grapes, any color will work
- ½ cup walnuts, coarsely chopped
- 1 ¼ cups plain greek yogurt
- ½ cup low-fat cream cheese, at room temperature
- 1 tablespoon maple syrup
- 1 teaspoon vanilla extract

4 SERVINGS
TIME: 30 MINUTES



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PROCEDURE

1. In a medium bowl, combine greek yogurt, cream cheese, maple syrup, and vanilla extract. Whisk together until well combined.
2. Cut the seedless grapes in halves or quarters, if large grapes.
3. Add grapes to bowl with dressing and toss to combine.
4. Stir in walnuts and place in refrigerator for 15 minutes to cool.
5. Serve and enjoy!

Adapted:
healthyfitnessmeals.com

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