

Grapes with Lemony Yogurt Sauce

6 Servings • 1 Serving = 1/2 Cup



INGREDIENTS

- 1/2 cup nonfat plain Greek yogurt or low-fat plain yogurt
- 1/2 teaspoon lemon juice
- 1/2 teaspoon lemon zest
- 1/8 teaspoon vanilla extract
- 1 1/2 cup red seedless grapes
- 1 1/2 cup green seedless grapes
- 1/4 cup nut-free granola

DIRECTIONS

1. In a small bowl, combine yogurt, lemon juice and zest, and vanilla extract. Whisk to mix evenly.
2. Cover and chill for at least 2 hours.
3. In a large bowl, add grapes and yogurt. Mix well so that grapes are covered evenly.
4. Sprinkle with granola before serving.

Nutrition Facts	
6 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 0mg	0%
Potassium 27mg	0%

*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.

Recipe developed by the San Antonio Food Bank



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