

Creamy Grape Dessert

Warning: This delicious, fruity treat is highly addictive and is sure to be a smash at your next potluck! It is refreshing and very simple to put together. It can easily be doubled for more people as well. Creamy and cool with a little crunch, what's not to love about this dessert?

A full serving contains less than 175 calories but in a potluck setting, your serving is likely to be even smaller and even less calories. The Greek yogurt adds some protein to this dish and the recipe still manages to be reasonably low in fat. It's also a great gluten-free option! Try this one out at your next potluck – we're willing to bet you are coming home with an empty dish!

Ingredients

1lb green, seedless grapes, washed and dried well
1lb red, seedless grapes, washed and dried well
8oz fat-free Greek yogurt
4oz light cream cheese, softened
¼ cup agave (or sugar)
1 tsp vanilla extract

Topping:

2 tbsp brown sugar, packed
½ cup chopped walnuts (or pecans)



Preparation

1. Cut grapes in half and set aside.
2. Mix yogurt, cream cheese, agave and vanilla until blended well.
3. Stir grapes into mixture and pour into large serving dish.
4. Combine brown sugar and crushed walnuts. Sprinkle over top of grapes to cover completely. Chill until ready to serve. Serves 8.

Nutrition (per serving)

171.2 calories, 7.9g fat; 5.3g protein; 33.8g carbohydrates; 1.6g fibre; 16.5g sugar

Nutrition Bonus: Grapes are a good source of Vitamin K, Vitamin C, Vitamin B1 & manganese.