

# Peanut Butter Yogurt-dipped Grapes

## INGREDIENTS:

- 2 Tbsp. peanut butter
- 1 tsp. honey
- 1 c. nonfat Greek yogurt
- 2 lb. seedless grapes (about 80)

## DIRECTIONS:

1. In a small bowl, mix together peanut butter, honey and Greek yogurt.
2. Line a baking sheet with wax or parchment paper.
3. Drop grapes into the peanut butter-yogurt mixture, using a spoon, then stir them around until they are evenly coated.
4. Transfer grapes, one at a time, onto the wax paper. Repeat until all grapes are coated.
5. Place the grapes in the freezer for one hour or until set.
6. Put the frozen grapes into a freezer bag and keep in the freezer.

## NUTRITION:

Makes eight servings. Each (10 grapes) serving has 110 calories, 2 g fat, 5 g protein, 22 g carbohydrate, 2 g fiber and 30 mg sodium.