

Walnut Encrusted Grapes

1# red, green and purple grapes
4-oz Reduced fat cream cheese
1 tsp almond extract
1 tsp vanilla extract
2 T Brown Sugar
1 cup chopped walnuts

Wash grapes and dry. Mix together remaining ingredients. Add grapes to mixture mixing well until grapes are coated. Serve.

Serves 12 (1/2 cup=1 serving)

Calories 170 Total Fat 8g Total Carbohydrate 25g Dietary Fiber 2g Protein 3g