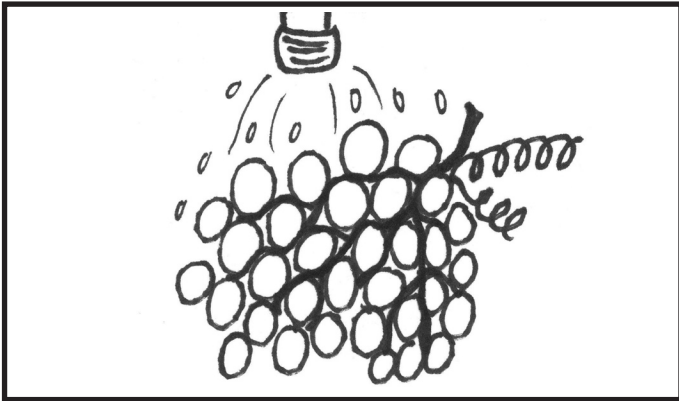


Yo-Grapes

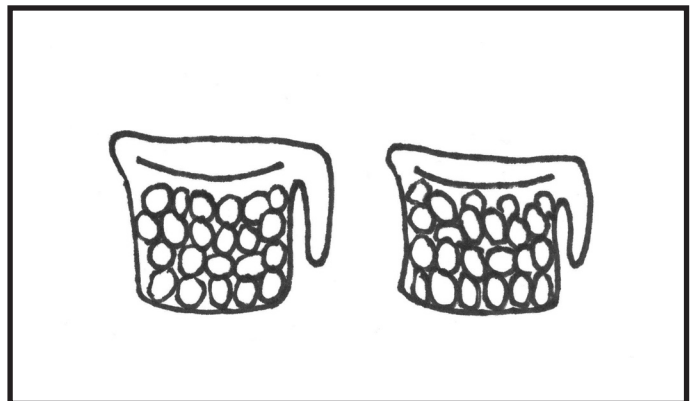
Makes 2 cups.

CACFP credit: 1/2 cup “Yo-Grapes” counts as 1/2 cup fruit.

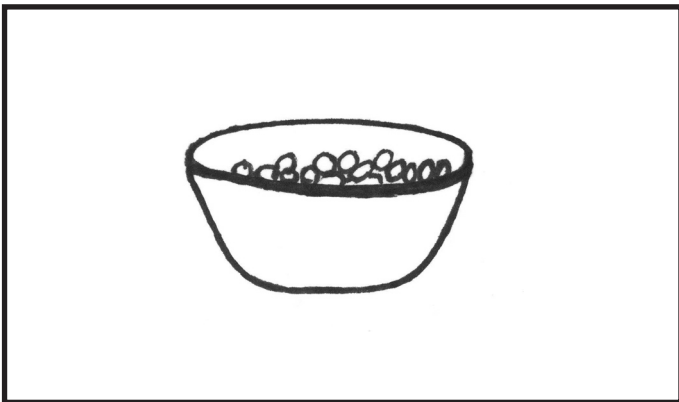
Recipe from: Healthy Choices for Kids Classroom Cookbook, Growers of Washington State Apples



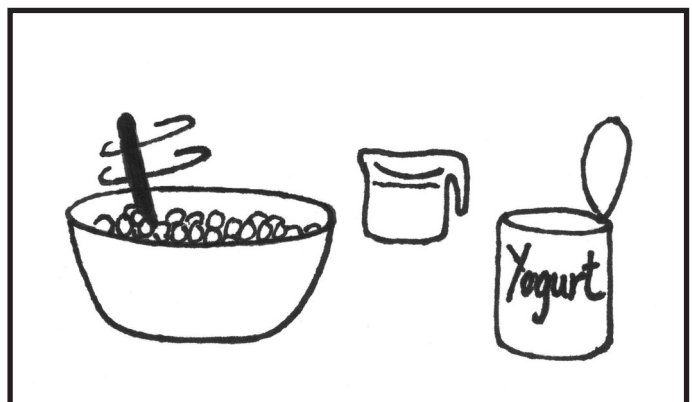
1. Wash grapes.



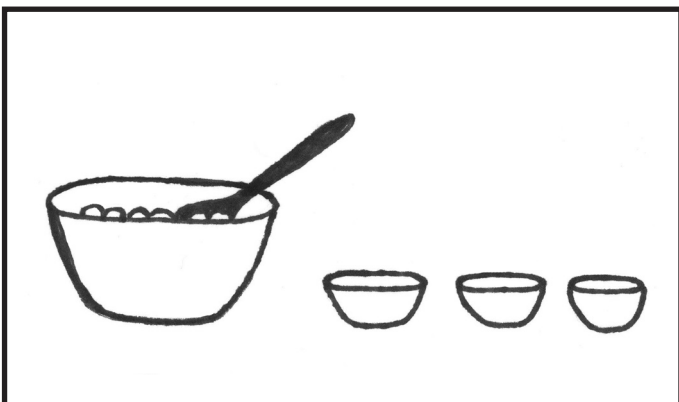
2. Take 2 cups grapes off the stem.



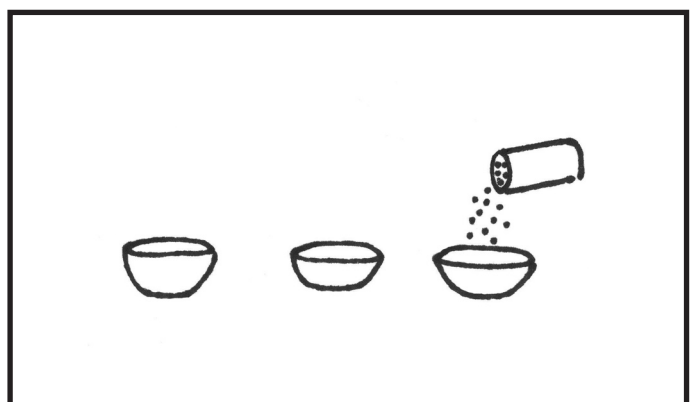
3. Place grapes in a bowl.



4. Add 1 cup vanilla yogurt. Stir.



5. Spoon grapes into serving dishes.



6. If desired, sprinkle with a tiny bit of nutmeg or cinnamon.