

Healthy Apple Grape Salad

8 servings

Ingredients:

4 pounds seedless green and red grapes
2 Apples (your choice) diced
2 cups organic vanilla, fat-free yogurt
1 tablespoon Stevia Sweet Leaf
1 teaspoon vanilla extract
4 ounces chopped pecans
1 tablespoon brown sugar (optional)

Directions:

Wash and dry grapes and apples. Dice apples. In a large bowl, mix together yogurt and stevia. Add grapes and apples and mix until evenly incorporated. Sprinkle with pecans, mix again and refrigerate until serving.

You may also use 1 dropper full of Liquid Vanilla Stevia and delete the vanilla extract.