



Grape Salad

Ingredients:

8 oz cream cheese
8 oz sour cream
1 t vanilla
½ C sugar
4 C red grapes
1 C brown sugar
1 C chopped pecans

Directions:

1. Cream together cream cheese, sour cream, vanilla and sugar.
2. Fold in red grapes.
3. Mix brown sugar and pecans and spread on top.

Find additional healthy recipes at:

<http://ext.vt.edu/food-health/family-nutrition-program/recipes.html>
<https://blogs.ext.vt.edu/eatsmart-movemore/2017/04/13/2017-spring-recipes/>