

## GRAPES WITH GINGER CRÈME

6 cups seedless black or purple grapes  
1 tablespoon grated fresh ginger  
2 cups low-fat vanilla yogurt  
2 tablespoons brown sugar  
Ground cinnamon  
Fresh mint leaves



1. In a large bowl, toss grapes with fresh ginger. Spoon equal amounts into four stemmed glasses or serving dishes.
2. Carefully spread  $\frac{1}{2}$  cup vanilla yogurt on top of grapes and sprinkle with  $\frac{1}{2}$  tablespoon brown sugar followed by a dusting of ground cinnamon.
3. Allow desserts to chill for 20-30 minutes. Garnish with fresh mint leaf and serve chilled.

Serves 4 ( $1\frac{1}{2}$  cup)

Nutritional information per serving (based on using black grapes):

Calories:	222
Total fat:	2.5g
% calories from fat:	9%
Calcium:	172.5mg

