

## Grapes with Ginger Topping

Serves 4 | Serving size: 1 ½ cups

Ingredients Needed:

- 6 cups seedless grapes, washed
- 1 tablespoon grated fresh ginger or ½ teaspoon ground ginger
- ½ cup plain yogurt, low-fat
- 2 tablespoons brown sugar
- Ground cinnamon
- Fresh mint leaves (optional)



Directions:

1. In a large bowl, toss grapes with fresh ginger. Spoon equal amounts into 4 dessert dishes.
2. Carefully spread the ½ cup yogurt on top of grapes, equally divided among the 4 dishes, and sprinkle each with ½ tablespoon brown sugar followed by a dusting of ground cinnamon.

3. Allow desserts to chill for 20–30 minutes. Garnish with a fresh mint leaf and serve chilled.