

Low-Point Apple Salad

Ingredients:

2 Tbs. Fat Free Mayonnaise

2 Tbs. Reduced Fat Sour Cream

1 Tbs. Splenda granulated sugar

1/2 tsp. vanilla

Mix ingredients together, then add:

1 chopped apple

1 1/2 cups red seedless grapes (cut in half)

1 cup Fat Free Cool Whip

1/4 cup chopped pecans

Total servings = 5

Serving size = 1/2 cup

Total points per serving = 2.3

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)