

Low-Point Walnut and Blue Cheese Grape Bites

Ingredients:

- 1/4 cup blue cheese (I used freshly crumbled blue cheese), room temperature
- 1/4 cup 1/3-less fat cream cheese, room temperature
- 2 Tbs heavy cream
- 7 Red or green seedless grapes, halved if they're really big grapes or 13 to 14 whole grapes if they're small
- 1/2 cup finely chopped walnuts, toasted
- 1/2 to 1 Tbs Splenda or regular sugar
- 1 packed tsp. finely chopped fresh parsley

Heat oven to 300 degrees. Arrange walnuts on a baking sheet and bake for 7 minutes. Place blue cheese, cream cheese, and heavy cream into a food processor and blend until smooth. Transfer to another bowl. Place walnuts, splenda or sugar and parsley into a separate bowl and combine well. With clean hands, take the blue cheese mixture and gently form a small ball around a grape. Roll ball into walnut mixture and set on a plate. Continue until blue cheese mixture is all used up. (This made 13 balls for me). Refrigerate balls for several hours before serving. Enjoy!

Total servings - 13

Serving size - 1

Points per serving - 1.5

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

"To the world you may be one person, but to one person, you may be the world." - Anonymous