



HOSPITALITY INDUSTRY PROFESSIONALS FOR KIDS

Honey Mint Green Grape Salad

- 2 # Green Seedless Grapes
- 2 # Red Seedless Grapes
- 1 Cup Yogurt Plain Low Fat
- 1 Cup Sour Cream Reduced Fat
- TT Vanilla Extract
- TT Local Honey
- 6 Each Sprigs of Mint Leaves removed and torn into small pieces
- 1 Cup Toasted Corn Flakes

www.hip4kids.org

TT = To Taste



Creating A World Of Education

DIRECTIONS

1. Stem & wash the grapes, place on toweling to dry
2. Mix the sour cream & Yogurt in a bowl season with vanilla, honey & mint
3. Halve the grapes and combine with the yogurt mix
4. Add the mint & mix
5. Place in a bowl & Top with toasted corn