

CREAMY FRUIT AND VEGGIE SALAD

Creamy Fruit and Veggie Salad

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Sodium, Vegetarian

Serves: 12 (Serving= 1 cup)

Nutrition (per serving)

Calories: 170	Total Carbohydrate: 15
Total Fat: 10 g	Dietary Fiber: 3 g
Saturated Fat: 4 g	Total Sugars: 12 g
Sodium: 217 mg	Protein: 6 g

Ingredients

- 6 ounces 1/3 less fat/Neufchatel cream cheese, room temperature
- 6 ounces light sour cream
- 4 teaspoons Splenda® brown sugar blend
- 4 cups broccoli florets
- 3 cups grapes
- 3 cups diced apple
- ½ cup chopped pecans
- ½ cup diced celery
- 12 strips turkey bacon, cooked crisp and chopped

Directions

1. In a large bowl, using an electric mixer, mix cream cheese, sour cream and brown sugar on medium for 1-2 minutes.
2. Add remaining ingredients and toss well to combine with creamy mixture.