



## **Ingredients:**

1- 8 OZ      YOGURT  
1 T            SUGAR  
2 T            ORANGE JUICE  
DASH        CINNAMON  
2              GREEN APPLES (BITE SIZE)  
½ CUP       CELERY  
½ CUP       RED SEEDLESS GRAPES (CUT IN HALF)  
½ CUP       GREEN SEEDLESS GRAPES (CUT IN HALF)

## **Directions**

Mix all together. Optional: toasted nuts