

# Nurse Prescribed CPR for the Sweet Tooth Grape Salad

## Easy Grape Salad

### Ingredients

- 8 ounces cream cheese softened (regular, light or fat free)
- 1 cup sour cream (regular, light or fat free)
- ¼ cup granulated sugar (can use Splenda in place of sugar)
- 1 teaspoon vanilla extract
- 4 pounds red seedless grapes chilled (about 10 cups)
- ½ cup brown sugar (can use Splenda Brown sugar blend in place of brown sugar)
- 1 cup walnuts or pecans, toasted and chopped

### Instructions

1. In a large bowl, add cream cheese, sour cream, granulated sugar, and vanilla and stir to combine. (If the cream cheese is not softened to room temperature, the cream cheese and sour cream won't combine well (the mixture will be lumpy). If this happens, stir it quickly with a whisk.)
2. Carefully fold in the grapes and gently toss until evenly coated. Meanwhile, in a small bowl, mix brown sugar and walnuts. (Chilled red grapes (the sweetest you can find), and preferably seedless. If you know small children will be eating the salad, consider quartering the grapes.)
3. Sprinkle the brown sugar mixture on top of the grapes. Cover and chill at least 1 hour or overnight. Serve cold.

*Submitted by: Christine Fox*