

# 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 Fat: 10 g

Saturated Fat: 4 g

Sodium: 217 mg

Total Carbohydrate: 15 g

Dietary Fiber: 3 g

Total Sugars: 12 g

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.



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