

Beetles on a Board

Ingredients:

1 medium-large apple, cut into 12 half-moon slices
1 wedge The Laughing Cow Light Creamy Swiss Cheese
12 red grapes, halved



Directions:

Spread one side of each apple slice with a thin smear of cheese. Top each cheesy slice with 2 grape halves. That's it. EAT!

MAKES 1 SERVING

Nutrition Information:

Entire recipe:

180 calories
2g fat
40g carbs
3g protein