Ingredients

* 3 bags of large grapes, sliced in half
* 2 lbs strawberries, sliced into paper thin rounds
* 2 cups spinach, leaves cut into fourths
* 1 lb carrots, sliced with peeler and cut into grape size
* 32 oz low-fat vanilla yogurt
* 4 ground cinnamon sticks

Procedure

1. Slice grapes in half to make the largest flat surface possible.
2. Cut strawberries into paper thin slices
3. Cut spinach into fourths, or about the same size as the flat of the grape.
4. Use a peeler to shave the carrots paper thin. Cut into pieces the size of the cut spinach leaves, or the flat of the grape.
5. Grind cinnamon in a mortar and pestle until sandy.
6. To assemble sandwiches, start with a grape half. On the flat surface, place a small dollop of yogurt, a slice of strawberry, spinach, and carrot. On another grape half, put a small dollop of yogurt. Place on top of the carrot, so the grapes act as ‘buns’ for the sandwich.
7. Dust the top of assembled grapes with cinnamon.