

# Fruity Chicken - Salad Sandwiches

1/3 cup Grapeseed Oil Vegenise  
2 tsp apple cider vinegar  
sea salt and pepper to taste  
2 cups diced cooked chicken  
1 large red delicious apple, cored and diced  
1 cup red or green grapes, quartered  
1 TBS lemon juice

Gluten-free wraps or lettuce

1. In a small bowl stir together the vegenise, salt, pepper, and vinegar.
2. In a large bowl combine the chicken, apple and grapes. Sprinkle with lemon juice.  
Add vegenise mixture and toss gently
3. Scoop chicken salad into a gluten-free wrap or lettuce leaf.

How kids can help: Cut grapes into quarters using a plastic knife, stir vinegar into vegenise, scoop chicken salad into wraps or lettuce.