



Easy Apple Salad 8 servings

Fruits have important nutrients like folate (folic acid), vitamin C, potassium, and dietary fiber. Eating fruit as a part of a healthy diet can reduce the risk of some diseases such as heart disease, cancer, and type 2 diabetes.



1 cup celery, scrubbed with clean vegetable brush under running water, chopped

4 apples, gently rubbed under cold running water, cored and chopped

1/4 cup raisins*

1/4 cup dried cranberries (or more raisins)*

3/4 cup low-fat vanilla yogurt

1 teaspoon lemon juice

½ cup walnuts, chopped (optional)

- 1. Wash hands with soap and water.
- 2. In a medium bowl, combine celery, apples, raisins and dried cranberries.
- 3. In separate small bowl, stir together yogurt and lemon juice.
- 4. Add the yogurt mixture and walnuts, if desired, to the fruit. Mix well and serve.
- 5. Store leftovers in a sealed container in the refrigerator.

*Based on preference, you can use all raisins or dried cranberries, or a combination of both.

Nutrition Information per Serving: (1/8 of recipe) Calories 100, Total Fat .5g, Saturated Fat 0g, Sodium 25mg, Total Carbohydrates 24g, Dietary Fiber 3g, Total Sugars 19g, includes 2g Added Sugars, Protein 2g, Vitamin D 0%, Calcium 4%, Iron 0%, Potassium 4%.

This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.









