

# APPLE SALAD

**PREP TIME:**  
15 minutes

**CHILL TIME:**  
1 hour

**SERVES:**  
6 servings  
(½ cup per serving)



## INGREDIENTS:

- 1 apple, diced
- 1 teaspoon lemon juice
- ½ cup diced celery
- ½ cup carrot, peeled and grated
- ½ cup raisins
- ½ cup (4 ounces) vanilla yogurt

## STEPS:

1. Wash the apple and vegetables.
2. Collect, dice, grate, and measure all ingredients before starting to prepare the recipe.
3. Toss apple with lemon juice in a bowl to prevent browning.
4. Add celery, carrot, and raisins.
5. Stir yogurt into the rest of the ingredients.
6. Cover. Chill for at least 1 hour before serving to allow the flavors to mix together.
7. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

| <b>Nutrition Facts</b>        |                      |
|-------------------------------|----------------------|
| 6 servings per container      |                      |
| <b>Serving size</b>           | <b>1/2 Cup (87g)</b> |
| <b>Amount Per Serving</b>     |                      |
| <b>Calories</b>               | <b>90</b>            |
| <b>% Daily Value*</b>         |                      |
| <b>Total Fat</b> 1g           | <b>1%</b>            |
| Saturated Fat 0g              | <b>0%</b>            |
| Trans Fat 0g                  |                      |
| <b>Cholesterol</b> 0mg        | <b>0%</b>            |
| <b>Sodium</b> 35mg            | <b>2%</b>            |
| <b>Total Carbohydrate</b> 18g | <b>7%</b>            |
| Dietary Fiber 2g              | <b>7%</b>            |
| Total Sugars 12g              |                      |
| Includes 2g Added Sugars      | <b>4%</b>            |
| <b>Protein</b> 2g             | <b>4%</b>            |
| Vitamin D 0mcg                | <b>0%</b>            |
| Calcium 50mg                  | <b>4%</b>            |
| Iron 1mg                      | <b>6%</b>            |
| Potassium 319mg               | <b>6%</b>            |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Be creative!** Try adding ½ cup chopped walnuts, almonds, or pecans to the salad.