

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.

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