

Apple-Banana Waldorf Salad

Ingredients (makes 8 servings)

- 4 cups (32 ounces) Low-fat or non-fat vanilla yogurt
- 4-5 Bananas, peeled and sliced
- 3 Apples, cored and cubed
- 1 can (20 ounce) Pineapple chunks or tidbits, drained
- 1-2 teaspoons Cinnamon
- 2 Tablespoons Ground or chopped walnuts

Directions

1. Mix all ingredients together in a large mixing bowl.
2. Refrigerate until ready to serve.

Nutrition Information- Per serving

Calories 230
Protein 7g
Carbohydrate 47g

Total Sugars 38g
Total Fat 4g
Saturated Fat 1.3g

Sodium 80mg
Cholesterol 6mg
Fiber 3.5g



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FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program— SNAP and Expanded Food and Nutrition Education Program – EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.