

Apple Salad

Ingredients Ingredients (makes 6 servings)

- 1 cup Apple, diced
- 1 teaspoon Lemon juice
- 1/2 cup Celery, diced
- 1/2 cup Carrot, grated
- 1/2 cup Raisins
- 1/2 cup Vanilla yogurt, low-fat

Directions

1. Wash apples, celery, and carrots before dicing/grating.
2. Toss apples with lemon juice.
3. Add celery, carrot, and raisins.
4. Fold yogurt into apple mixture.
5. Cover. Chill for at least 1 hour before serving.
6. Refrigerate leftovers.

Nutrition Information- Per serving using 1/2 cup low-fat vanilla yogurt

Calories	70	Total Sugars	13g	Sodium	28mg
Protein	2g	Total Fat	0g	Cholesterol	1mg
Carbohydrate	16g	Saturated Fat	0g	Fiber	1g
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