

Easy Apple Salad

8 servings

Fruits have important nutrients like folate (folic acid), vitamin C, potassium, and dietary fiber. Eat a variety of fruits because they are naturally low in calories, fat, and sodium. 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
¼ cup raisins*
¼ cup dried cranberries (or more raisins)*
¾ 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, Protein 2g, Total Carbohydrate 23g, Dietary Fiber 3g, Sodium 30mg.