



Vary Your Veggies... Focus on Fruit



EFNEP

Expanded Food and Nutrition Education Program

Apple Salad

Makes: 6 (1/2 cup) servings
Preparation Time: 15 minutes
Chilling Time: 1 hour

Ingredients

- 1 cup diced apple
- 1 teaspoon lemon juice
- 1/2 cup diced celery
- 1/2 cup grated carrot
- 1/2 cup raisins
- 1/2 to 3/4 cup vanilla yogurt

Directions

1. Wash apples, celery, and carrots before dicing and 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.

Be creative!

Try adding 1/2 cup of chopped walnuts, almonds, or pecans to the salad.

Nutrition Facts	
Serving Size 1/2 cup (85g)	
Servings Per Container 6	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 17g	
Protein 2g	

