

Apple Salad



Salad:

2 large apples, diced
1 cup crushed pineapple,
drained
1/3 cup celery, chopped
2 T. raisins

Dressing:

2 tsp. fat-free mayonnaise
3 T. plain, low-fat yogurt
1/8 tsp. cinnamon

***Optional Ingredient:** 2 tsp. chopped walnuts

Prep time: 10 min. Serving Size: 3/4 cup Serves: 4

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Directions:

Wash apples and dice, leaving skins on. Combine the apples and remaining salad ingredients in a medium bowl. In a separate small bowl, combine the dressing ingredients. Blend the dressing with the fruit mixture. Chill before serving.

Tips:

- Use different types of apples for a variety of flavors and colors
 - This salad makes a great snack or a tasty, sweet, and crunchy addition to any meal
 - When kept in the refrigerator, this salad can last 2-3 days
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Nutrition per serving: Calories: 97 Fat: <1 g Fiber: 2.5 g
g=grams; mg=milligrams Sodium: 28 mg Total Carbohydrate: 24 g

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