Apple Salad
Makes 4 – 1 cup servings

Ingredients:
2 medium apples, cored and chopped
⅓ cup green seedless grapes, cut in half
⅓ cup red seedless grapes, cut in half
2 stalks celery, chopped
6 ounces nonfat vanilla yogurt

Directions:
1. Rinse, core and chop the apples into bite-sized pieces. Rinse and slice the green and red grapes. Rinse and chop the celery.
2. Put the chopped apples, grapes and celery in a medium sized bowl. Add yogurt and stir well until all of the fruit is coated.
3. Serve immediately or chill for a few hours.
4. The yogurt prevents the apple from browning but, it should be eaten the same day it is made.

Source: Broome County Cornell Cooperative Extension

Nutrition Facts

4 servings per container

Serving size 1 cup (180g)

Amount per serving
Calories 90
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 50mg 2%
Total Carbohydrate 24g 8%
Dietary Fiber 3g 11%
Total Sugars 20g
Includes 0g Added Sugars 0%
Protein 3g

Vitamin D 0mcg 0%
Calcium 80mg 6%
Iron 0mg 0%
Potassium 173mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

0% calories from fat