Apple Salad
Makes 6 – 1 cup servings

Ingredients:
1 cup apple, diced
1 teaspoon lemon juice
½ cup celery, diced
½ cup carrot, grated
½ cup raisins
½ to ¾ cup nonfat 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

Source: Eating Smart Being Active Curriculum Colorado State University and University of California Extension

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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.