Apple & Celery Harvest Salad  
Makes 6 – ½ cup servings

**Ingredients:**
1. cup chopped celery  
2. cups apples, chopped and cored  
3. tablespoons chopped walnuts  
4. tablespoons nonfat plain yogurt  
5. tablespoon nonfat vanilla yogurt  
6. tablespoons 100% apple juice  
7. cup raisins  
Salt and pepper to taste (optional)

**Directions:**
1. In a large bowl, combine celery, apples, walnuts and raisins. Mix together.  
2. In a small bowl, mix yogurts together with apple juice and blend thoroughly.  
3. Pour dressing over apple mixture. Mix well to coat.  
4. Serve and enjoy!  
5. Refrigerate leftovers.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1/2 cup (79g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per serving</td>
<td>Calories 50</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>% Daily Value</td>
</tr>
</tbody>
</table>
| Total Fat 1.5g | 2%  
| Saturated Fat 0g | 0%  
| Trans Fat 0g | 0%  
| Cholesterol 0mg | 0%  
| Sodium 20mg | 1%  
| Total Carbohydrate 9g | 3%  
| Dietary Fiber 1g | 4%  
| Total Sugars 7g |  
| Includes 0g Added Sugars | 0%  
| Protein 1g |  
| Vitamin D 0mcg | 0%  
| Calcium 28mg | 2%  
| Iron 0mg | 0%  
| Potassium 128mg | 2%  

*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.

27% calories from fat

**Source:** Adapted from Just Say Yes to Fruits and Vegetables cookbook by Tioga county Cornell Cooperative Extension