Apple & Celery Harvest Salad
Makes 6 – ½ cup servings

Ingredients:
1 cup chopped celery
2 cups apples, chopped and cored
2 tablespoons chopped walnuts
3 tablespoons non-fat plain yogurt
1 tablespoon non-fat vanilla yogurt
3 tablespoons 100% apple juice
¼ cup raisins
Salt and pepper to taste (optional)

Directions:
1. In a large bowl, combine celery, apples, raisins and walnuts. 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.

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

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1/2 cup (79g)</th>
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</thead>
<tbody>
<tr>
<td>Amount per serving</td>
<td>50 Calories</td>
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</tbody>
</table>

- **Calories**
  - Total Fat: 1.5g, 2%
  - Saturated Fat: 0g, 0%
  - Trans Fat: 0g
  - Cholesterol: 0mg, 0%
  - Sodium: 20mg, 1%
  - Total Carbohydrate: 9g, 3%
  - Dietary Fiber: 1g, 4%
  - Total Sugars: 7g
  - Includes 0g Added Sugars, 0%
  - Protein: 1g

*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