

RECIPES

Crunchy Apple Salad



Ingredients (8 servings)

- 2 cups apples (chopped)
- 1 cup celery (chopped)
- 1/2 cup raisins or dried cranberries
- 1/2 cup nuts (any kind, chopped)
- 2 tablespoons light or regular mayonnaise
- 1 tablespoon orange juice

Instructions

1. Mix orange juice with salad dressing or mayonnaise.
2. Toss apples, celery, raisins and nuts with the dressing mixture. Chill for an hour and serve.

Nutrition Information per serving

110 calories, 6 g fat, .5 g sat fat,
2 g protein, 15 g carbohydrate,
2 g fiber, 45 mg sodium



HEALTHY ADD IN

add two grated carrots

