



SNACKS

NORTHWEST APPLE SALAD

Serves 4 , 3/4 cup per serving

Prep time: 10 minutes ▪ Cook time: 5 minutes



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FOOD BANK FOR SOUTHERN COLORADO

Nutrition Facts

4 servings per container

Serving size 3/4 cup (86g)

Amount Per Serving

Calories 60

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 13g 5%

Dietary Fiber 2g 7%

Total Sugars 11g

Includes 0g Added Sugars 0%

Protein 1g 2%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) 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.

RECIPE BY:

Chef Linette True



INGREDIENTS

- 2 medium apples
- 2 Tablespoons dried fruit (raisins, cranberries)
- 3 Tablespoons plain low-fat yogurt
- 1 medium carrot
- 1 Tablespoon chopped nuts (slivered almonds, walnuts)

Optional Ingredients

- 1/4 teaspoon ground cinnamon
- 1 Tablespoon honey

DIRECTIONS

1. Rinse apples and remove cores. Do not peel. Cut into 1-inch pieces. Place in medium bowl.
2. Rinse carrots well. Do not peel. Grate and add to apples.
3. Add dried fruit and yogurt to bowl. Mix well.
4. Chop nuts with a knife. Or, put in a plastic bag and crush with a can.
5. Add nuts to apple mixture.
6. If using, add honey and/or cinnamon. Toss and serve

CHEF'S NOTES

- Use any kind of apple in this recipe.
- For extra nutty flavor, toast nuts prior to chopping.