



Easy Apple Salad

8 Servings



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Ingredients:

- 1 cup celery, scrubbed with clean vegetable brush under running water, chopped
- 4 apples, gently rubbed under cold running water, cored and chopped
- 1/4 cup raisins*
- 1/4 cup dried cranberries*
- 3/4 cup low-fat vanilla yogurt
- 1 teaspoon lemon juice
- 1/2 cup walnuts, chopped (optional)

Directions:

1. Wash hands with soap and water.
2. In a medium bowl, combine celery, apples, raisins, and dried cranberries.
3. In a separate small bowl, stir together yogurt and lemon juice.
4. Add the yogurt mixture and walnuts, if desired, to the fruit. Mix well and serve.
5. Store leftovers in a sealed container in the refrigerator.

*You can use all raisins or all dried cranberries if desired.

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