

Yogurt Salad

Makes 6 servings



Ingredients

- 2 cups diced, unpeeled apples (2 medium)
- 1 cup diced celery
- ½ cup seedless grapes
- ⅓ cup chopped nuts
- ½ cup low-fat plain or vanilla yogurt

Directions

1. Combine apples, celery, grapes, nuts, and yogurt.
2. Toss gently and serve immediately.
3. Store leftovers in the refrigerator up to one day.



Chef's Notes - Make it a Main Dish

- Toss in chunks of grilled chicken.

Nutrition Facts

Serving Size ¾ cup (116.93g)
Servings Per Container 6

Amount Per Serving

Calories 110 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 13g **4%**

Dietary Fiber 2g **9%**

Sugars 10g

Protein 2g **5%**

Vitamin A 2% • Vitamin C 6%

Calcium 6% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

