APPLE SALAD

INGREDIENTS

- 2 medium Granny Smith apples
- 2 tablespoons dried fruit (raisins, dried cranberries or dried currants)
- 3 tablespoons plain low-fat yogurt
- 1 tablespoon chopped walnuts
- 1 tablespoon honey (optional)



DIRECTIONS

- 1. Rinse and remove cores from apples. Do not peel.
- 2. Cut into 1 inch pieces and put in medium bowl.
- 3. Add dried fruit and yogurt. Mix well.
- 4. Add chopped nuts and honey (if using). Toss and serve.

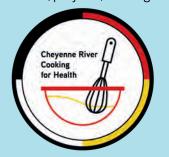
TIPS

- Use any kind of apples or other fruit Mix and match for different flavors
- · Use any kind of nut or granola in place of the walnuts
- Toasting nuts can make them more flavorful. In a small skillet, toast nuts until golden brown (about two minutes) Remove from heat and let them cool before adding to salad





This recipe card has been developed as part of the Cheyenne River **Cooking for Health** (Wičhózaŋni Étkiya Lol'íwaȟ'aŋ) Project. For more diabetes-friendly recipes, visit www.mbiri.com/projects/cookingforhealth.



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Nutrition Facts Serving Size 3/4 cup Servings Per Recipe 4 Amount Per Serving Calories 80 Calories from Fat 10 % Daily Value Total Fat 1.5g Saturated Fat 0g 0% Trans Fat 0g Cholesterol Oma 0% Sodium 10mg 096 Total Carbohydrate 16g 6% Dietary Fiber 3a 11% Sugars 12a Protein 1a Vitamin A 2% Vitamin C 0% Calcium 2% Iron 0%

*Percent Daily Values are based on a 2,000 calone diet. Your daily values may be higher or lower depending on your calorie needs.

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