

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'íwaħ'aŋ) Project. For more
diabetes-friendly recipes, visit
www.mbiri.com/projects/cookingforhealth.



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Missouri Breaks Research, and the Cheyenne River Sioux Tribe and
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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 **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 16g **6%**

Dietary Fiber 3g **11%**

Sugars 12g

Protein 1g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 0%

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

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