

Apple and Grape Salad

Recipe Type: Side Dish

Serves: 8

Prep Time: 15 minutes

Cooking Time: None

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

Large bowl

6 oz non-fat vanilla yogurt

1 t lemon juice

½ t black pepper

A pinch of salt

2 medium apples

4 large celery stalks

2 C red grapes

½ C walnuts

What to do:

1. Wash your hands.
2. Mix the yogurt, lemon juice, and black pepper in a large bowl.
3. Cut the apples, celery, grapes and walnuts into small bite-size pieces.
4. Mix well so that the yogurt covers all the fruits.
5. Enjoy!



This is a picture of 1 serving.

Contains: Milk and Tree Nuts

Nutrition Facts

8 servings per container

Serving size 1/2 Cup (152g)

Amount per serving

Calories **130**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **2%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **11%**

Total Sugars 13g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 53mg **4%**

Iron 0mg **0%**

Potassium 276mg **6%**

*The % Daily Value 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.

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