

**Vary Your Veggies...  
Focus on Fruit**

**Apple Salad**

Makes: 6 (½-cup) servings  
Preparation Time: 15 minutes  
Chilling Time: 1 hour

**Ingredients**

- 1 cup apple, diced
- 1 teaspoon lemon juice
- ½ cup celery, diced
- ½ cup carrot, grated
- ½ cup raisins
- ½ to ¾ cup vanilla yogurt

**Directions**

1. Wash apples, celery, and carrots before dicing and grating.
2. Toss apples with lemon juice.
3. Add celery, carrot, and raisins.
4. Stir yogurt into apple mixture.
5. Cover. Chill for at least 1 hour before serving.
6. Refrigerate leftovers.

*Be Creative!*  
Try adding ½ cup of chopped walnuts, almonds, or pecans to the salad.

| <b>Nutrition Facts</b>        |                     |
|-------------------------------|---------------------|
| Serving Size 1/2 cup (85g)    |                     |
| Servings Per Container 6      |                     |
| Amount Per Serving            |                     |
| <b>Calories</b> 90            | Calories from Fat 5 |
| % Daily Value*                |                     |
| <b>Total Fat</b> 0g           | <b>0%</b>           |
| Saturated Fat 0g              | <b>0%</b>           |
| Trans Fat 0g                  |                     |
| <b>Cholesterol</b> 0mg        | <b>0%</b>           |
| <b>Sodium</b> 40mg            | <b>2%</b>           |
| <b>Total Carbohydrate</b> 19g | <b>6%</b>           |
| Dietary Fiber 2g              | <b>8%</b>           |
| Sugars 17g                    |                     |
| <b>Protein</b> 2g             |                     |



Materials provided by the University of Arkansas Division of Agriculture Cooperative Extension Service

University of Arkansas, United States Department of Agriculture, County Governments Cooperating  
The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer