

# 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:

- 6 oz C of non-fat vanilla yogurt
- 1 t lemon juice
- 1/2 t black pepper
- A dash of salt
- 2 medium red apples
- 4 large celery stalks
- 2 C red grapes
- 1/2 C walnuts



This is a picture of 1 serving.

## What to do:

1. Wash your hands.
2. Mix the yogurt, lemon juice, salt and 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!

## Nutrition Facts

**Serving Size** 1/2 C

**Amount Per Serving**

**Calories** 120

**Calories from Fat** 45

**%Daily Value\***

**Total Fat** 5 g **8%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 0 mg **0%**

**Sodium** 50 mg **2%**

**Total Carbohydrate** 19 g **6%**

Dietary Fiber 3 g **12%**

Sugars 15 g

**Protein** 2 g

Vitamin C 8%

Calcium 6%

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

FK=3.3

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