



EATING SMART  
BEING ACTIVE

## Apple Salad

Makes: 6 servings (½ cup per serving)

Preparation Time: 15 minutes

Chilling Time: 1 hour

### **Ingredients**

1 apple, diced

1 teaspoon lemon juice

½ cup diced celery

½ cup carrot, peeled and grated

½ cup raisins

½ cup (4 ounces) vanilla yogurt



### **Directions**

1. Wash the apple and vegetables.
2. Collect, dice, grate, and measure all ingredients before starting to prepare the recipe.
3. Toss apple with lemon juice in a bowl to prevent browning.
4. Add celery, carrot, and raisins.
5. Stir yogurt into the rest of the ingredients.
6. Cover. Chill for at least 1 hour before serving to allow the flavors to mix together.
7. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

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

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1/2 Cup (87g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>2%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 12g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 2g	<b>4%</b>
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 50mg	<b>4%</b>
<b>Iron</b> 1mg	<b>6%</b>
<b>Potassium</b> 319mg	<b>6%</b>

\*The % Daily Value (DV) 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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*Fruits and Veggies: Half Your Plate*