

Apple Salad

INGREDIENTS*

- 2-3 large, tart **apples**, washed
- 1 Tablespoon lemon juice
- 2 ribs **celery**, washed
- ½ - ¾ cup walnuts or pecans
- ½ cup **dried cranberries** OR **raisins** OR **dried cherries** OR mix them all together
- ½ cup plain Greek yogurt
- ½ teaspoon cinnamon
- 2 – 4 Tablespoons maple syrup OR maple sugar

NOTES AND IDEAS:

- A mix of apples works well in this salad – Granny Smiths are delicious.
- This dish is best eaten on the day it was made.
- Vanilla yogurt can be used in place of plain.
- **Dried fruit and nut mix** can be used for dried fruit and nuts.



Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.



INSTRUCTIONS

1. Wash your hands before preparing food.
2. Wash apples. Core and dice apples into bite-sized pieces and place in a bowl. Sprinkle with the lemon juice and toss gently to coat all pieces with lemon juice.
3. Wash celery and slice thin. Chop nuts into small pieces.
4. Add celery, nuts and dried fruit to bowl with apples, and mix well.
5. Mix the yogurt with cinnamon and maple syrup or sugar in a small bowl. Pour over apple mixture and toss together gently.
6. Let mixture sit in refrigerator for about 30 minutes before serving.

