



*From the Kitchen of*  
**THE CENTER**  
for Health Improvement

# Crunchy Apple Salad

*Recipe provided by: Lickety-Split Meals for Health Conscious People on the Go by Zonya Foco, RD*

## Ingredients:

- 1/3 cup plain nonfat yogurt
- 1 T. sugar
- 1 T. Miracle Whip Light
- ¼ tsp. vanilla extract
- 3 dashes ground cinnamon or Chinese 5-spice powder
- 2 T. walnuts or raisins or both
- 2 large (10 oz. each) apples, preferably 1 red and 1 green
- 1 can (8 oz.) pineapple tidbits, in its own juice, drained

**Instructions:** Whisk together yogurt through walnuts and/or raisins in a medium bowl. Cut apples into chunks. Add to bowl. Drain pineapple, reserving juice for another use. Add to bowl and toss gently to coat well. Chill salad until ready to serve.

## Nutritional Information (Per serving):

Serving Size: ½ cup  
(with walnuts)

Calories: \_\_\_\_\_ 75

Fat: \_\_\_\_\_ 1.75 g

Saturated fat: \_\_\_\_\_ 0 g

Cholesterol: \_\_\_\_\_ 0 mg

Carbohydrates: \_\_\_\_\_ 15 g

Fiber: \_\_\_\_\_ 2 g

Sodium: \_\_\_\_\_ 27 mg

Protein: \_\_\_\_\_ 1 g

