



# Quick and Easy Apple Yogurt Salad

*This is one of those salads that is simple enough to make every day, is great leftover, and is also delicious and pretty enough to serve to company!*

- **3-4 apples**, chopped into small, bite-size pieces— You can use one type of apple or a variety to add unique colors, flavors and textures.
- **1 C. plain or vanilla yogurt**—This depends on your sweetness preference.
- **1/2 t. ground cinnamon**—More or less, to taste.
- **1/2 C. chopped walnuts**
- **1/2 C. sliced celery**
- **1/4 C. dried cranberries, raisins, or pomegranate**

Nutrition Facts		
Serving Size 1.00 cup(s) (186g)		
Amount Per Serving		
<b>Calories</b>	179	<b>Calories from Fat</b> 64
% Daily Value		
<b>Total Fat</b>	7.2g	11 %
Saturated Fat	1.0g	5 %
Trans Fat	0.0g	
<b>Cholesterol</b>	2.0mg	1 %
<b>Sodium</b>	35.3mg	1 %
<b>Total Carbohydrate</b>	28.3g	9 %
Dietary Fiber	4.1g	16 %
Sugars	21.9g	
<b>Protein</b>	3.9g	
Vitamin A	2 %	Calcium 9 %
Vitamin C	11 %	Iron 3 %

Combine all ingredients in glass mixing or serving bowl. Cover and chill until ready to serve. *Makes 6 servings.*



## Honey Crisp

***Wednesday's apple is full of flavor.***

One of the sweetest and crispiest apples available with a sweet honey-like flavor, a bite of a fresh Honey Crisp is an explosion of apple flavor and a very good choice for apple salads.

### To learn more about:

- Colorado-grown produce
- Safe food handling—from farm to table
- High altitude food preparation & preservation

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