

Apple Salad with Yogurt Dressing



Ingredients:

- 3 apples, red, yellow, and green, washed, cored, and diced
- 1/2 cup grapes, cut into half
- 1/2 cup celery, diced
- 1/2 cup raisins or dried cranberries
- 1/4 cup toasted walnuts or pecans, chopped
- 1/2 cup low fat vanilla yogurt
- 1 teaspoon apple juice
- 4 large lettuce leaves (optional)

Directions:

1. In a medium bowl, combine all fruits and nuts.
2. In a small bowl, stir together yogurt and apple juice.
3. Pour the yogurt dressing over the apple mixture.
4. Serve on lettuce leaves if desired.

Makes 4 servings.



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