



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 grated carrot
- ½ cup raisins
- ½ cup (4 ounces) vanilla yogurt

Directions

1. Wash hands with soap and water.
2. Gently wash the apple and celery under cold running water. Scrub carrot with a clean vegetable brush under running water.
3. Collect, dice, grate, and measure all ingredients before starting to prepare the recipe.
4. Toss apple with lemon juice in a bowl.
5. Add celery, carrot, and raisins.
6. Stir yogurt into the rest of the ingredients.
7. Cover. Chill for at least 1 hour before serving to allow the flavors to mix together.
8. 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.

Nutrition Facts	
6 servings per container	
Serving size	1/2 Cup (80g)
Amount Per Serving	
Calories	70
% Daily values*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 0mg	0%
Potassium 202mg	4%

*The % Daily Values (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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Extension