

# Apple Waldorf Salad

Number of Servings: 6-1/2 cup

Ingredients:

- 2 medium apples
- 1/2 cup celery chopped
- 1 tbsp orange juice
- 1/4 cup low fat vanilla Greek yogurt
- 1/2 cup raisins
- 1/4 cup walnuts chopped (optional)

Directions:

1. Wash, core, and dice the apples. Place the apples in a large mixing bowl with the orange juice and mix well. Add all other ingredients to the apples and toss gently

Nutrition Facts	
servings per container	
Serving size	(113g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 248mg	6%
*The % Daily Value 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.	

## Family Conversation Starter:

If you could paint your room what color would it be?

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