NORTHWEST APPLE SALAD

Ingredients:
- 2 medium Granny Smith apples
- 2 Tbsp dried fruit (raisins, cranberries, etc.)
- 3 Tbsp plain low-fat yogurt
- 1 Tbsp honey
- 1 Tbsp chopped walnuts

Directions:
1. Rinse and remove cores from apples. Do not peel. Cut into 1-inch pieces. Place in medium bowl.
2. Add yogurt and honey to bowl. Mix well.
3. Add chopped walnuts and dried fruit to bowl. Mix well and serve.

Find more recipes and resources online at: www.gcfb.org/recipes_resources
Want to apply for SNAP Benefits? Call the number below for assistance!

Mention Gleaners when speaking with your SNAP representative.

Text HEALTHYEATS to 833-956-1009 to get text alerts for classes, nutrition tips, recipes, and more!