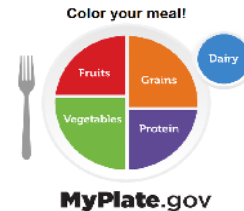




NORTHWEST APPLE SALAD



Ingredients:

2 medium Granny Smith apples

3 Tbsp plain low-fat yogurt

1 Tbsp honey

2 Tbsp dried fruit (raisins, cranberries, etc.)

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.

F.O.R.
Comida y otros recursos
LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773

 Operado por el Consejo del Banco de Alimentos de Michigan
Food Bank Council of Michigan
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
Michigan Department of Health and Human Services

F.O.R.
Food and Other Resources
HELPLINE




For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

 Operado por el Food Bank Council of Michigan
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F.O.R.
خط المساعدة



للوصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

1-888-544-8773

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Scan the QR code below for more resources!



linktr.ee/GleanersKitchen

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