

Northwest Apple Salad

Contributed by Jeanne B., Hopelink Harvest volunteer

Ingredients:

- 2 medium apples, any kind
- 2 Tablespoons dried fruit such as raisins, cranberries or currants
- 3 Tablespoons plain yogurt
- 1-2 Tablespoons whole shelled walnuts or other nuts
- *Optional: 1 Tablespoon honey, 1teaspoon cinnamon*

Method:

1. Rinse and core apples. Cut into 1-inch pieces and place in medium bowl.
2. Add dried fruit and yogurt to bowl. Mix well.
3. In small skillet, toast nuts until golden brown. Watch closely so they do not burn. Cool and chop.
4. Add nuts to bowl.
5. Add honey and cinnamon if using. – Enjoy!

For more healthy recipes:

www.hopelink.org/need-help/food/healthy-recipes

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Growing Connections to Fresh Food

