



Carmel Apple Salad

Prep Time: 20 minutes

Cook Time: 30-60 minutes

Cost per serving: \$0.31

What you need:

Utensils:

- Knife
- Cutting Board
- 2 Mixing Bowls
- Spoon

Ingredients:

- 3 large Granny Smith Apples, cored and diced
- 1 cup chopped celery (chopped very small)
- 1/2 cup walnuts
- 1/2 cup raisins
- 1 package (4 servings) fat-free instant butterscotch pudding
- 2 Cups low-fat plain yogurt

What to do:

1. Wash your hands and clean your cooking area.
2. Wash, core, and dice apples.
3. Wash and chop celery.
4. Mix apples, walnuts, raisins and celery in a large mixing bowl.
5. In a small bowl, mix pudding and yogurt.
6. Combine the pudding mixture with the apple mixture and mix well.
7. Refrigerate for 30 minutes to 1 hour before.



**BETTER LIVING
FOR TEXANS**

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Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 12	
Amount Per Serving	
Calories 120	Calories from Fat 35
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% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 3g	
Vitamin A 2%	Vitamin C 4%
Calcium 8%	Iron 2%