

# Crunchy Apple Salad

Hands-on - 8 min.

Serves 8

Do you have apples in your fruit bowl that are, well, shall we say, "past their prime?" Let this recipe resuscitate them back to life. It only takes about 8 minutes to put this together.

## Tastes great with:

*Polynesian Pizza*  
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or

*Turkey Vegetable Stew*  
(page 227)

1/3 cup plain nonfat yogurt  
1 T sugar  
1 T *Miracle Whip* Light  
1/4 tsp vanilla extract  
3 dashes ground cinnamon or Chinese 5-spice powder  
2 T walnuts or raisins or both

Whisk together in a medium bowl.

2 lg (10 oz each) apples, preferably 1 red and 1 green

Slice, core and cut into chunks. Add to bowl.

1 can (8 oz) pineapple tidbits, in its own juice, drained

Drain pineapple, reserving juice for another use. Add to bowl and toss gently to coat well.

Chill salad until ready to serve.



Kids'  
Favorite!

## Nutrition information for 1/2 cup with walnuts

Calories	75	Fat	1.75 g	Fiber	2 g	Sodium	27 mg	Total Carbohydrate	15 g
Calories from Fat	21%	Saturated Fat	0 g	Cholesterol	0 mg	Protein	1 g	Sugars	12 g