

Apple Broccoli Salad



Nutrition Information - Yield: 6 servings

Calories: 133 | Total fat: 4g | Sodium: 47mg | Carbohydrates: 24g | Fiber: 5g | Cholesterol: 1mg | Protein: 4g

Ingredients:

2 McIntosh apples or 2 empire apples or 2 Cortland apples
3 cups fresh broccoli, cut up
1/4 cup walnuts, chopped
1 Tbsp. red onion, chopped
1/3 cup raisins
1/2 cup low-fat vanilla yogurt
Lettuce

Directions:

1. Core and chop apples.
2. Mix all ingredients together.
3. Serve on a bed of lettuce.

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