Apple Salad

Rating: ★★★★★

Makes: 8 servings

Ingredients

2 cups apple (diced)
1 cup celery (diced)
1/2 cup raisins
1/2 cup nuts
2 tablespoons lite mayonnaise-type dressing (or mayonnaise)
1 tablespoon orange juice

Directions

1. Mix orange juice with salad dressing or mayonnaise.

2. Toss apples, celery, raisins and nuts with the dressing mixture.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	**110**	
Total Fat	6 g	9%
Protein	2 g	
Carbohydrates	15 g	5%
Dietary Fiber	2 g	8%
Saturated Fat	0.5 g	3%
Sodium	45 mg	2%