



April 15- Strawberry Waldorf Salad

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=12294>

Recipe

Ingredients:

- 4 apples, chopped
- 3 celery stalks, chopped
- 1 cup seedless grapes, sliced
- 1 cup light strawberry yogurt
- 11 whole natural almonds, chopped

Directions:

1. Chop apples, celery, and grapes.
2. Using a food chopper, chop almonds.
3. Mix all ingredients together and chill for one hour.

Yield 6 servings

Nutrition Facts

Serving Size 1/6 recipe (234.98g)
Servings Per Container 6

Amount Per Serving

Calories 140 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 28g **9%**

Dietary Fiber 4g **17%**

Sugars 21g

Protein 3g **6%**

Vitamin A 8% • Vitamin C 10%

Calcium 8% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.