



January 31- Caramel Apple Salad

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=17748>

Recipe

Ingredients:

- 4 medium apples
- 1 small box butterscotch flavored sugar free, fat-free instant pudding mix
- 32-ounce fat-free plain yogurt
- ½ cup unsweetened applesauce

Directions:

1. Core and dice apples. Place in water with some lemon juice (prevents browning).
2. Mix yogurt and pudding mix together. Add to apples and mix well.
3. Add applesauce and mix until blended. Refrigerate overnight.

Yield 8 servings

Nutrition Facts

Serving Size 1/8 recipe (241.01g)
Servings Per Container 8

Amount Per Serving

Calories 180 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol <5mg 2%

Sodium 880mg 37%

Total Carbohydrate 38g 13%

Dietary Fiber 2g 9%

Sugars 16g

Protein 5g 11%

Vitamin A 0% • Vitamin C 8%

Calcium 15% • Iron 0%

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