



September 27- Cinnamon Apple Salad

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=22968>

Recipe

Ingredients:

- 4 medium apples
- ½ cup dried cherries
- 2 Tablespoon fat-free cinnamon hazelnut coffee creamer
- ¼ cup walnuts, chopped
- 2 ounce fat-free cream cheese
- 2 teaspoon ground cinnamon

Directions:

1. Cut apples into bite size pieces
2. Sprinkle with cinnamon over apples and stir. Add cherries and walnuts.
3. Melt cream cheese in microwave long enough to soften. Add creamer and stir until smooth.
4. Pour over fruit mixture, stir and refrigerate.

Yield 8 servings

Nutrition Facts

Serving Size 1/8 recipe (119.49g)
Servings Per Container 8

Amount Per Serving

Calories 140 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 55mg **2%**

Total Carbohydrate 23g **8%**

Dietary Fiber 4g **14%**

Sugars 17g

Protein 2g **5%**

Vitamin A 6% • Vitamin C 8%

Calcium 6% • Iron 2%

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