



Caramel Apple Salad

Serves 18.

All you need:

- 7 apples, diced
- 1 (8 oz) can crushed pineapple
- 3 (6 oz) containers of Yoplait light cinnamon roll yogurt
OR 4 containers Yoplait® caramel crème parfaits
- ½ cup Nature's Path® Organic pumpkin and flax granola



All you do:

- In a small bowl, combine diced apples, pineapple and yogurt and mix well.
- Right before serving top mixture with granola and enjoy!

Daily nutritional values: 4% vitamin A, 10% vitamin C, 6% calcium, 2% iron

Nutrition information per serving: Calories: 110, Carbohydrate: 25 g, Cholesterol: 0 mg, Dietary Fiber: 3 g, Fat: 1 g, Protein: 2 g, Saturated Fat: 0 g, Sodium: 0 mg, Sugar: 18 g Trans fats: 0 g

Brought to you by your Galesburg Hy-Vee Dietitian, Meredith Tibbe, 309-342-1615 or mtibbe@hy-vee.com