

Pineapple Apple Snap

Serves 6

- 1 apple, large
- 2 teaspoons orange juice
- 1 cup carrots, grated
- ½ cup raisins
- ¾ cup pineapple tidbits, packed in juice, drained
- ½ cup low-fat vanilla yogurt

OPTIONAL TOPPINGS:

- ¼ cup chopped walnuts
- ¼ cup unsalted sunflower seeds
- ¼ cup wheat germ
- ¼ cup granola cereal

1. Wash the apple and cut it into 4 wedges. Carefully cut out the core and seeds. Cut the wedges into small cubes with a sharp knife and place them in a medium bowl.
2. Drizzle the orange juice over the cut apples and toss to coat evenly with the juice. This prevents the apples from turning brown, and also adds a nice flavor.
3. Place the grated carrots in the bowl with the apple cubes. Add the raisins and pineapple.
4. Add the yogurt and toss until it is thoroughly mixed.
5. Serve in small bowls. Add topping of choice.

Nutrition Facts:

Serving size: About ½ cup; Calories: 110; Fruit and Vegetables: 1 serving; Fat: 0 g; Fiber: 2 g



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