

Apple Slaw

Serves 4

Equipment Needed:

Medium and small bowl
Tongs or other utensils to toss slaw
Measuring cups and spoons
Cutting board
Knife

Ingredients:

¼ cup fat-free vanilla yogurt
1 Tbsp. orange juice
1 Tbsp. Splenda, granulated
Dash of cinnamon
1 small red apple, diced
2 cups shredded green cabbage
½ cup broccoli florets, chopped
1 small green bell pepper, diced

Directions:

1. Wash hands with soap and water.
2. Scrub apple with clean vegetable brush under running water and dice. Gently rub cabbage under running water and shred, gently rub broccoli under cold running water and chop, and scrub bell pepper with clean vegetable brush under running water and dice.
3. Combine apple and vegetables in medium- sized mixing bowl.
4. Mix yogurt, orange juice, Splenda, and cinnamon together in small bowl.
5. Pour over salad and toss.
6. Serve immediately or refrigerate until ready to serve.



Nutrition Facts	
4 servings per container	
Serving size	1/2 cup (115g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0mg	0%
Potassium 186mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

