

# LIGHT WALDORF SALAD

## Ingredients:

- 1 cup celery (diced)
- 1 cup apples (diced)
- 1/2 cup walnuts (diced)
- 1/2 cup seedless red grapes (cut in half)
- 1/2 cup low fat yoghurt
- 1 tbs lemon juice

Place 4 ingredients in a large bowl.  
Combine yoghurt & lemon juice.  
Toss with salad.  
Refrigerate & serve.  
(serves 4)

Calories: 150  
Fats: 10g  
Protein: 4g  
Carbs: 13g  
Sugars: 9g  
Iron: 1mg