

Mimi's Salad Snack

By Mimi Fox

This crispy and light fruit salad is kid-friendly but can also be turned into an elegant adult version by adding some walnuts and crumbled blue cheese. Low in calories, no fat, and a good amount of vitamins and fibre make this a perfect snack. Serve with whole grain crisp bread or rolls.

Ingredients:

- 1 Granny Smith apple, finely diced
- 1 celery stalk, finely diced
- ¼ cup raisins
- 1-2 tbsp plain, low-fat yogurt
- 12 Belgian endive leaves, washed and dried

Directions:

1. In a small bowl, combine apple, celery, and raisins.
2. Mix in yogurt using enough to bind the ingredients.
3. Mound about 1 tablespoon of salad into each leaf and serve immediately.

Makes 4 servings.

Nutrition Analysis per serving: 70 calories, 0 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 45 mg sodium, 17 g total carbohydrate, 5g fibre, 12 g sugars, 3 g protein. % Daily Value: Vitamin A 60%; Calcium 10%; Vitamin C 20%; Iron 8%

Nutrition Tips:

- Try other varieties of apples such as Fuji or Gala. Or start with a ripe Bosc pear.
- Add in some heart healthy chopped walnuts or almonds for added crunch.
- Add flax, sunflower or pumpkin seeds for extra nutrients, flavor and crunch.
- Choose dried blueberries or cherries instead of raisins for an antioxidant boost.

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