

AUTUMN WALDORF FRUIT SALAD

Serves: 1 | Preparation: 20 minutes | Total: 50 minutes

Difficulty: Easy



INGREDIENTS

- ¼ cup plain yogurt
- 1 ½ teaspoons brown sugar
- 1 pear (fresh or canned), diced
- 1 apple, diced
- 1 cup celery, sliced (optional)
- ½ cup raisins
- ¼ cup dried cranberries
- 2 tablespoons chopped walnuts or pecans
- 1 dash ground cinnamon (optional)
- 1 dash ground nutmeg (optional)

INSTRUCTIONS

1. In a small bowl, combine yogurt and brown sugar.
2. In another bowl, combine pear, apple, celery, raisins, cranberries, and walnuts or pecans. Add yogurt mixture and toss to combine. Sprinkle with nutmeg and cinnamon if desired.
3. Refrigerate for at least 30 minutes before serving.

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Adapted from allrecipes.com