

## Apple Salad

*Tasty with interesting textures. Either make your own granola or purchase low fat apple granola ready made.*

This was an experiment that turned out pretty well.

Quantity	Ingredients	Preparation Notes
1/2 C	Low Fat Sour Cream	
<b>Granola</b>		
1 C	Old Fashioned Oats	<b>Granola</b>
3/4 C	Flour	
1/2 C	Brown Sugar	• Mix together dry ingredients
2 - 3 tsp	Cinnamon	• Cut in butter
1/4 tsp	Salt (may use sea salt)	• Mix in walnuts
1/2 tsp	Unsalted Butter	• Rub mixture between fingers to form clumps
3/4 C	Walnuts chopped	• Spread onto a cookie sheet
		• Bake at 350 degrees, stirring occasionally
		• Cool completely before using
<b>Salad</b>		
1 head	Iceberg lettuce, washed, dried and torn	<b>Salad</b>
1/2	Onion chopped fine	• In a separate bowl, mix together mayo and sour cream
2 Lg	Stalks Celery	• Set aside
6 strips	Bacon, fried, drained and crumbled or Real Bacon Bits	• Put lettuce, onion, celery, bacon, grapes, raisins, and cranberries in salad bowl layering in the order shown
1 C	Green Grapes, washed and cut in half	• Put apples into mayo mixture, a little of the lemon juice on the apples is fine.
Handful	Craisins	• Spread apple mixture over salad mixture
Handful	Raisins	• Pour cooled granola over apple mixture
1/2 C	Miracle Whip or Mayonnaise	• Cover tightly with a lid or wrap and chill at least two hours
1/2 C	Low Fat Sour Cream	• When ready to serve, toss together.
4 - 5	Granny Smith or other tart Apple, sliced, washed in lemon juice and cut into pieces.	