

# Planting Tomorrow's Radio Show

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## Mollie's Apple-Yogurt Salad

by Mollie Katzen



2 cups yogurt  
1/4 cup real maple syrup  
1 lemon, cut in half  
5 medium sized apples  
(your favorite kind)

### Extras (you choose)

2 stalks celery, cut in small pieces  
1/2 cup raisins  
1/2 cup dried cranberries  
1/2 cup chopped toasted walnuts

Ask an adult to help with toasting the walnuts and cutting up the apples.

1. Put the yogurt in a medium sized bowl
2. Add the maple syrup to the yogurt and stir until it's mixed in
3. Squeeze a lemon and pour the juice into a large bowl
4. Cut the apples into quarters and then into little chunks (the size of dice) and add them to the lemon juice, and stir to get the apples all wet
5. Pour the yogurt mixture into the apples and mix gently
6. Put the celery, raisins, dried cranberries, and walnuts into small bowls and put them on the table

Time to Eat!

7. Serve the apple yogurt salad in bowls
8. Pass the toppings around so each person can make his or hers special



From Mollie's *Honest Pretzels Cookbook*