



Serves: 4

# Low-Fat Waldorf Salad

## Ingredients

- Celery, peeled and sliced 240g
- Green apple, sliced into strips 120g
- Red apple, sliced into strips 120g
- Tomatoes, deseeded and sliced into strips 40g
- Dried apricot, sliced 30g\*
- Raisins 2 tbsp\*
- Unsalted walnut, as garnish 20g\*
- Orange segment, as garnish 20g

### Honey Yogurt Dressing

- Plain low-fat yogurt 150g\*
- Honey 4 tsp
- Macadamia oil 1 tsp\*

*\*Choose products with the Healthier Choice Symbol.*

### Tips:

- Enjoy the edible skins of fruit and vegetables as they provide additional fibre and nutrients.
- Replace sugar with fresh or dried fruit, fruit canned in natural juice or fruit juice.

## Method

- Using a hand blender, process yogurt with honey and macadamia oil to create dressing.
- In a clean bowl, mix all the cut ingredients, add dressing and toss lightly until well-mixed.
- Serve in a chilled bowl and top with garnishes.

### Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 163kcal  
Protein 4.0g  
Total fat (g and % of total calories)  
4.8g (25.0%)  
Saturated fat 0.9g  
Cholesterol 2mg  
Carbohydrate 28.2g  
Dietary Fibre 3.6g  
Sodium 83mg