



This recipe was created by served as a cafeteria taste test in October 2025. We used a mix of local apples from Deep Creek Green. Kids loved the fall flavors and were excited to eat this again on their lunch trays.

Fall Apple Salad

PREP TIME:	15-20 minutes
COOK TIME:	0 minutes
TOTAL TIME:	15-20 minutes
SERVINGS:	8 Servings
AUTHOR:	<i>Adapted from 40aprons.com</i>

INGREDIENTS

4 cups of cubed apples (about 4 medium apples cut into ¼ inch pieces)
1 Tbs lemon juice
2/3 cups diced celery
1 cup of pecans (optional)
1 cup raisins or dried cranberries
¾ cup of yogurt
1 dash cinnamon
1 Tbs of honey, maple syrup, or sugar (more or less to taste)

INSTRUCTIONS

1. Chop apples, nuts, and celery
2. Add apples, nuts, celery, and yogurt to the bowl. Mix well.
3. Add cinnamon and warmed honey to the bowl and mix well.
4. Serve immediately or place in the refrigerator to allow flavors to deepen.