**APPLE PEAR WALNUT SALAD**

**MAKES:** 6 servings (1/2 cup each)

**INGREDIENTS**
- 2 medium apples, finely chopped
- 1 medium pear, finely chopped
- 1/3 cup walnuts, chopped*
- 1 cup plain Greek yogurt
- **Optional:** Add a handful of dried cranberries, raisins, or a drizzle of honey to make into a sweet dessert

*If you do not have walnuts, try using slivered almonds.
**DIRECTIONS**

Cut and core the apples and pears. Discard the cores. Then chop apples and pears into very small pieces and toss them in a bowl. Add chopped walnuts and mix together. Finally, add the Greek yogurt and mix until well blended.

**Note:** Buy the walnuts pre-chopped in the bulk section. Otherwise, buy them whole and use a nut chopper to chop them or put in a closed plastic bag and break them into small pieces with a rolling pin.

**HEALTHY TIPS**

- Leave the skins on the pears and apples for extra healthy fiber.
- Instead of adding yogurt, mix together apples, pears and walnuts and eat over salad greens with a vinaigrette dressing.
- Serve as a kid-friendly after school snack or dessert.