

featured recipe

Apple &
Celery Harvest Salad

Source: Cornell Cooperative Extension of Tioga County

Serving size: 1/2 cup
Servings per recipe: 6

Ingredients

- 1 cup chopped celery
- 2 cups apples, chopped and cored
- 2 Tbsp chopped walnuts
- 3 Tbsp nonfat plain yogurt
- 1 Tbsp nonfat vanilla yogurt
- 3 Tbsp 100% apple juice
- 1/4 cup raisins
- salt & pepper to taste (optional)



Instructions

1. In a large bowl, combine celery, apples, raisins and walnuts.
2. In a small bowl, mix yogurts together with apple juice and blend thoroughly.
3. Pour dressing over apple mixture. Mix well to coat.
4. Serve and enjoy!
5. Refrigerate leftovers within 2 hours.

Need another reason to get active?



Regular physical activity is one of the most important things we can do to improve our health. A recent government report shows:

- **Active people are less likely to get chronic health problems.** This includes heart disease, high blood pressure, diabetes, and some cancers.
- **If you already have a chronic health problem,** you can improve your health by becoming more active! If you are more active:
 - You will have a decreased chance of getting other chronic health problems.
 - It will be less likely for your chronic health problem to get worse.
- **Active kids** have stronger bones and healthier weight. They also do better in school.
- **Many health benefits happen right away!** If you are more active, this will immediately improve your blood pressure, and you will feel better and sleep better.

For tips on being an active family, visit www.flesny.org.

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