

Garden Orchard Salad

Makes: 4 servings

Ingredients

- 1 1/2 cups** broccoli florets (coarsely chopped)
- 1/2 cup** carrot (grated)
- 1/2 cup** cauliflower (coarsely chopped)
- 1/2 cup** apple (chopped, cored and diced, not peeled)
- 1/4 cup** green onion (sliced)
- 1/2 cup** yogurt, non-fat vanilla
- 1/4 cup** peanuts, unsalted, dry-roasted (chopped)



Directions

1. Wash your hands and work area.
2. Mix all ingredients together in serving bowl.
3. Cover and refrigerate for 2 hours or longer to allow flavors to blend. Serve cold.
4. Cover and refrigerate leftovers within 2 hours.