


Creamy Broccoli and Apple Slaw

Makes: 3 ½ - 4 ½ cups

INGREDIENTS

1/2 cup plain unsweetened, non-flavored, low-fat yogurt



1/4 cup mayonnaise  (Miracle Whip works also, but is sweeter)

1 tablespoon cider vinegar

1/8 tsp table salt

1/2 tsp black pepper

8 ounces bite size broccoli florets (3 – 4 cups, amount may vary by brand)

1/2 cup firm apple, medium dice (4 ounces, about 1/2 medium apple)

1/4 cup dried cranberries (1 ounce); use additional for color on top as desired

2 tablespoon roasted and salted sunflower seeds

(Optional) 1 green onion, chopped

DIRECTIONS

Make the dressing, and then dice the apples immediately tossing them into the dressing and stir as you cut them to keep from browning, otherwise toss them with 1 tbsp lemon/1 cup water.

In a large bowl, stir together the yogurt, mayonnaise, vinegar, salt, and pepper.

Add the apple, broccoli, dried cranberries, sunflower seeds and green onion if using, toss to combine.

NOTE:

Additional Craisins can be sprinkled on top for a splash of color.