

Cinnamon-Ginger Apple Salad

Makes 6 servings, 1/2 cup each

INGREDIENTS: 3 medium size apples (fuji, gala), 1 teaspoon fresh minced ginger, 1Tbsp cinnamon, 1/4 cup orange juice, 1/4 cup chopped dried cherries, 1/4 cup toasted walnuts (chopped).

TOAST walnuts for 15 minutes at 275F. Chop into tiny pieces.
**this step is optional*

CHOP apples into thin, bite sized pieces.

MIX in orange juice immediately to prevent browning

TOSS remaining ingredients together. Refrigerate for at least 2 hours while sauce thickens. Stir before serving.

NUTRITION 115 calories, 2g protein, 20 grams carbohydrate, 3 grams fat, 0g sat fat, 3 grams fiber

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