

# APPLE SLAW

## 4 Servings

### **Ingredients:**

1/4 cup fat-free vanilla yogurt  
1 Tablespoon orange juice  
1 Tablespoon Splenda, granulated  
Dash of cinnamon  
1 small red apple, diced  
2 cups shredded green cabbage  
1/2 cup broccoli florets, chopped  
1 small green bell pepper, diced

### **Directions:**

In a medium bowl, combine the apple and vegetables.  
Mix yogurt, orange juice, Splenda and cinnamon together in small bowl  
Pour over salad and toss.  
Serve immediately or refrigerate until ready to serve.

### **Nutrition Information per serving:**

Calories: 45 calories  
Carbohydrate: 10 g  
Fat: 0 g

Sodium: 25 g  
Protein: 2 g  
Fiber: 2 g