

SWEET APPLE CELERY CRUNCH



INGREDIENTS:

- 2 apples, chopped
- ½ of a lemon, juiced
- 2 stalks celery, chopped
- 2 small carrots, grated
- 2 (6oz) boxes of raisins
- 1 small container of vanilla yogurt

INSTRUCTIONS:

1. Add apples to medium bowl and mix with lemon juice.
2. Add celery, carrot, raisins and yogurt. Stir to combine.
3. Eat and enjoy!

Yield: 4-6 servings
Source: eatfresh.org

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The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit benefitscal.com.

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