

# 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

Harvest  
of  
the  
Month™

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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 [www.c4yourself.com](http://www.c4yourself.com).*