



CREAMY BROCCOLI & APPLE SLAW

INGREDIENTS

- 8 ounces bite size broccoli florets
- 1/2 cup diced apple
- 1/2 cup plain, low-fat yogurt
- 1/4 cup dried cranberries
- 1/4 cup mayonnaise
- 2 tablespoon roasted and salted sunflower seeds
- 1 tablespoon apple cider vinegar
- 1/8 tsp table salt
- 1/2 tsp black pepper

DIRECTIONS

1. Dice apples and break up broccoli into bite sized pieces.
2. In a large bowl, stir together the yogurt, mayonnaise, vinegar, salt, and pepper.
3. Add the diced apple, broccoli, dried cranberries, and sunflower seeds, toss to combine.
3. Store in sealed container.
4. Serving Suggestions: raisins or chopped green onion can be sprinkled on top for a splash of color!

