**Apple Salad**

2 cups diced apples (with or without the peel)  
1/4 cup chopped walnuts (or any nut)  
1/4 cup raisins  
1/4 cup diced celery (1 stalk) if desired  
1/2 cup vanilla yogurt

Combine apples, nuts, raisins, and celery, if desired. Add yogurt and stir until coated.

**Apple Crisp**

4 cups sliced apples (with or without the peel)  
(about 1 1/2 pounds apples or 4-6 apples)  
1 Tablespoon orange juice  
2 Tablespoons flour  
6 Tablespoons brown sugar  
1/4 cup water  
2 Tablespoons margarine, melted  
1 cup uncooked oatmeal  
1 Teaspoon cinnamon

Toss apples with orange juice, flour and 2 tablespoons sugar. Pour into 1-quart baking dish that has been sprayed with nonstick spray or lightly oiled. Sprinkle water over the top. Combine margarine, oatmeal, cinnamon and remaining sugar. Spread over the apples. Bake at 350°F for 25 minutes.
### Nutrition Facts

**Serving Per Recipe**: 4  
**Amount Per Serving**  
- Calories: 137  
- 28% of total calories from fat  
- Total Fat: 5g  
- *Vitamin A*: 1%  
- *Calcium*: 6%  
- Sodium: 19mg  
- *Vitamin C*: 7%  
- *Iron*: 7%