

APPLE AND CELERY SALAD

Number of portions: 12

Portion size: 1 cup



INGREDIENTS

Dressing:

4 Tbsp vegetable or olive oil

1 Tbsp Dijon mustard

2 Tbsp honey or maple syrup

2 Tbsp fresh lemon juice or 1 Tbsp concentrated lemon juice

Salt and pepper to taste

Salad:

4 green or red apples, finely sliced

12 celery stalks, finely sliced

2 cups green or red grapes or 1 cup of raisins or dry cranberries

½ cup fresh parsley (optional)

METHOD

1. Mix the dressing ingredients. Keep aside.
2. In a large bowl, mix the apple, celery, grapes and parsley.
3. Add salad dressing just before serving.

TIPS

➤ The apple skin contains a lot of vitamins and fibres. Keeping the skin will make your salad more nutritious and colourful!

