

# Apple Grape Salad

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*In the mood for something fruity but not terribly sweet? Try this apple and grape salad—it's a fruit snack and a salad, and tastes great as both!*

## Ingredients:

2 apples, cubed  
1 cup halved grapes  
½ cup chopped celery  
¼ cup chopped walnuts  
1/3 cup plain yogurt  
1/3 cup sour cream  
1 teaspoon lemon juice

## Directions:

- 1) In a large bowl, combine apples, grapes, celery, and walnuts.
- 2) In a small bowl, whisk together yogurt, sour cream, and lemon juice. Mix lightly into fruit. Chill and serve.