

Simple, practical

home cooking from

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Sweet Apple Salad

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- 6 large, sweet, crisp apples, chopped into approximately 3/4 inch pieces (*skin can be left on!*)
- 1 cup juicy raisins
- 1.5 cups pecans, halved or chopped as desired
- (*Optional additions: other fruit such as banana, or even celery, different nuts*)

Dressing

- 2/3 cup sour cream
- 1.5 cup plain lowfat yogurt (*I am not a "non-fat" person*)
- 1/4 cup loosely measured brown sugar
- 2 Tablespoons lemon juice (*I use Real Lemon concentrate much of the time*)

Mix fruit and nut ingredients in a large bowl. Whisk dressing ingredients together. Add some dressing to salad and mix, a portion at a time until you have the amount of dressing you prefer. Save the rest of the dressing for later leftovers. Salad is about enough for 10-12 one-half cup servings.

My latest variation of the salad was this:

- 5 cups Gala apples
- 20 ounce can of pineapple tidbits in natural juices, drained (*but juice reserved for family drink mixing later*). This is about 1.25 cups of pineapple.
- 3/4 cup raisins
- 3/4 slivered almonds
- 1 cup mini-marshmallows (*previously vacuumed sealed and stored in the pantry*)

Dressing (*same as above*)

Scrumpdillyicious!