

# Broccoli, Apple Salad, Greek Yogurt Dressing

Portion Size: ½ cup

Yield: 9

## Ingredients:

Fat Free Plain Greek Yogurt	2 TBSP
Apple Cider Vinegar	1 TBSP
Honey	1 ½ tsp
Salt	¼ tsp
Black Pepper	¼ tsp
Broccoli, spears	¾ pound
Granny Smith Apple	1 each
Lemon Juice	¾ tsp
Cranberries, dried	3 TBSP

## Preparation:

1. To make the dressing, whisk plain fat-free yogurt, apple cider vinegar, honey, salt, and pepper until combined. Set aside.
2. Cut broccoli into florets, reserving stems. Blanch florets just until tender, and shock in an ice bath. Drain and reserve florets. Julienne broccoli stems.
3. Core apple and slice into half moon pieces. Toss slices with lemon juice.
4. Toss apples, broccoli, cranberries, and dressing together. Allow to marinate with dressing for 1 hour in refrigerator.

## Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
35	1	8	1	5	0	0	65



[FLIK-USA.com/blog](https://FLIK-USA.com/blog)



FLIK Hospitality  
Group



@FLIKHospitality