

Waldorf Summer Salad

★ MENU IDEA: Chicken tenders, corn on the cob, waldorf summer salad, whole grain bread, milk

Ingredients:


1 medium apple, diced*
1 banana, cut-up
¼ cup raisins
¼ cup fruit juice (any kind)
1 cup miniature marshmallows
Optional: ¼ cup coarsely chopped walnuts or peanuts

Directions:

1. Place apple, banana, and raisins in a bowl. Pour juice over and stir to coat.
2. Stir in marshmallows and, if desired, chopped nuts. Serve.

*Invite your family to experiment with flavor combinations, such as pears, peaches, kiwi, canned pineapple, and other dried fruits.

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