



Cran-Apple Coleslaw



1/8th of recipe (about 3/4 cup): 91 calories, 3g total fat (<0.5g sat. fat), 88mg sodium, 13g carbs, 2.5g fiber, 9g sugars, 2.5g protein

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Prep: 10 minutes

Chill: 30 minutes



Ingredients

1/2 cup fat-free plain Greek yogurt
3 tbsp. light mayonnaise
2 tsp. seasoned rice vinegar
1 packet no-calorie sweetener (like Truvia)
5 cups bagged coleslaw mix
1 cup chopped Fuji apple
1 cup chopped Granny Smith apple
1/2 cup chopped scallions
1/3 cup sweetened dried cranberries, chopped
1 oz. (about 1/4 cup) sliced almonds

Directions

In a large bowl, combine yogurt, mayo, vinegar, and sweetener. Stir until uniform.

Add all remaining ingredients *except* almonds, and stir to coat.

Cover and refrigerate for at least 30 minutes.

Stir well, and top with almonds.

MAKES 8 SERVINGS

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