



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

Blue Plan (Freestyle™) SmartPoints® value 2*

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

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.