

Waldorf Salad

1 apple, chopped
1 celery stick chopped
1 Tbs. Chopped walnuts or pecans
1 Tbs. Mayonnaise
1 Tbs. Apple juice or water

Add all of your chopped ingredients together, mix in mayonnaise and stir. You can add apple juice or water to thin out the mayonnaise. Make it up ahead of time, keep it in the refrigerator. Play around by adding some blue cheese crumbles.

Note: Don't fear fats! Make your own healthy mayonnaise! See "Dressings" in Recipes

Low Glycemic, Gluten- Free,

Holly Stokes, Wellness Coach, www.Lightenup.me