

## Low-Point Apple Kale Salad

### Ingredients:

- 4 cups fresh kale, chopped
- 2 large sweet apples, unpeeled, cored, and chopped
- 1/4 cup plus 2 Tbs golden raisins
- 1/2 cup celery, chopped
- 2 Tbs pine nuts
- 3 Tbs nonfat greek yogurt
- 1 Tbs honey or Agave
- 3 Tbs water

In a large bowl, add kale, one of the chopped apples, raisins, celery, and pine nuts. Toss to mix well. In a food processor, place the remaining chopped apple, yogurt, honey, and water. Process until well blended. Pour over salad and toss to coat. Enjoy!!

Total servings - 6 cups

Serving size - 1 cup

Points per serving - 1.5

Points plus per serving - 1.5

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"Remind yourself that it's ok not to be perfect." - Anonymous***