

Apple-Hazelnut Salad In A Cup

Ingredients

2 tablespoons non-fat, bottled raspberry vinaigrette

1 apple, diced

1/4 cup dried fruit tidbits (available in the dried fruit section, in cranberry-orange and other flavors)

2 tablespoons chopped hazelnuts (available in small bags in the baking section)

1 cup pre-cut mixed greens, rinsed and drained well (from a bag or by the pound in the produce section)

Method

Layer the ingredients in the order listed above in a large insulated cup with a lid. When ready to eat, shake the cup well and grab a fork! Yields 1 serving.