

## Nutty Apple Salad



### Ingredients:

- 2 apples, washed, cored and diced (Pink Lady, Granny Smith, Braeburn, Gala, Fuji)
- 3 tablespoons pumpkin seeds
- 3 tablespoons unsalted sunflower seeds
- 1/2 cup dried cranberries
- Juice of 1 1/2 lemons
- Zest of 1 lemon
- 2 tablespoons olive oil or grapeseed oil
- 3/4 cups walnuts, coarsely chopped

### Directions:

1. Core and dice apple and place in a medium sized bowl or glass storage container.
2. Juice lemons and pour over apple.
3. Add remaining ingredients and stir thoroughly.
4. Serve alone or over a bed of mixed greens.

Makes 4 servings.



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