

## Fruit



# Bucket 'O Apple-Hazelnut



For  
monsters  
on the go!

### Ingredients:

- 2 Tbsp non-fat raspberry vinaigrette
- 1 apple, diced
- 1/4 cup dried fruit tidbits
- 2 Tbsp chopped hazelnuts
- 1 cup pre-cut mixed greens, rinsed

### Safety:

Keep your fingers curled under when using the knife to avoid cutting your fingers.

### Directions:

1. Wash, core, and dice apples into pieces.
2. Layer ingredients, in order, in a large travel-proof, lidded insulated cup.
3. When ready to eat, shake cup and enjoy!

### Nutrition:

Recipe makes 1 serving  
Each serving counts as 1 fruit

Recipe approved by the Centers for Disease Control

from the kitchen of  
**Playnormous**

