

CARAMEL APPLE SALAD

RECIPE BY: ALEX FROM MRS. REID'S LEWIS & CLARK ELEMENTARY SCHOOL

NUTRITION EDUCATION

INGREDIENTS

- 1 container (8oz) Frozen whipped topping - thawed
- 1 container (16oz) caramel
- 1 can (8oz) crushed pineapples (drain all the juice)
- 3 cups of Diced apples
- 1 1/2 cups of walnuts or pecans.
- 1 cups mini marshmallows (6oz)

FRESH VS CANNED

When you want to enjoy pineapples, both fresh and canned are good choices. Fresh pineapples taste really yummy and are crunchy. They have lots of vitamins, like C and B6, and they help keep you healthy. You can use fresh pineapples in many different recipes, too!

Canned pineapples are super easy to use and stay good for a long time. You can add them to snacks or meals without having to cut or prepare them. Sometimes they come in juice or syrup, which makes them a little sweeter, so it's good to check if there are added sugars.

In the end, whether you pick fresh or canned pineapples, both are tasty and let you enjoy the sweet, tropical flavor!

RECIPE YIELD: 10 CUPS



COST BREAKDOWN

- 1 container (8oz) whipped topping \$1.07
- 1 container (16oz) caramel \$4.48
- Pineapple in 100% Juice (4oz) \$2.98
- 2-3 Apples (Gala) \$4.24 3lb bag or 0.74 each
- Chopped Walnuts (4oz) \$2.36
- Mini Marshmallow, 10z bag \$1.67

Source: Council Bluffs Walmart Prices

INSTRUCTIONS

1. Mix Whipped topping & caramel; then set aside
2. Drain all of pineapple Juice, then mix with mini marshmallows
3. chop apples in small pieces & fold into caramel/whipped topping mixture.
4. Fold marshmallows and caramel mixtures together.
5. add pecans & place in fridge. Serve cold.



PINEAPPLE

