

Healthy Apple Salad

- 1 c. plain yogurt
- $\frac{1}{4}$ tsp apple pie spice
- Honey, to taste
- 1 apple, diced
- 1 serving of nuts (eg. 14 almonds), chopped
- a heaping spoonful of sunflower seeds (optional)

Directions: Stir yogurt, spice and honey together. Fold in nuts + sunflower seeds. Enjoy!

Nutrition facts:

61 calories

12g carbs

2g protein