

## 5 A Day Recipes

### Salads

#### Apple-Grape Salad

##### Serves 4

- 1 envelope unflavored gelatin (1 Tbsp.)
- 1½ cups apple juice
- ½ cup red grapes, halved seeded
- ¼ cup water
- 1 cup apple, unpared, diced
- ¼ cup chopped celery

Soften gelatin in water for 5 minutes. Heat gelatin over low heat, stirring constantly, until dissolved. Add apple juice. Chill until mixture begins to thicken. Stir in fruit and celery. Pour into cup mold. Chill until set.

This is an official 5 a Day recipe, and provides four people with 1¼ servings of fruit each.

##### Nutritional Analysis

Calories: 80  
Fat: Trace  
Cholesterol: 0  
Fiber:  
Sodium: 10 mg