



Niagara County Office for the Aging  
111 Main Street, Suite 101  
Lockport, NY 14094  
*Eat Well...Stay Well Dining Program*  
439-4030

*Recipe provided by Niagara County Office for the Aging,  
Eat Well...Stay Well Dining Program*

### **Carmel Apple Salad**

20 oz can crushed pineapple in own juice  
1 large box fat free/sugar free butterscotch pudding mix (dry)  
Mix together...

add  
3 cups diced apples  
1 container fat free cool whip (8 ounce)

refrigerate for 2 hrs...enjoy...!