



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...!