Broccoli Salad with Apples and Cranberries
Serves 6

Ingredients:
- 4 cups fresh broccoli florets
- 1/2 cup dried cranberries, reduced sugar
- 1/2 cup sunflower seeds
- 3 apples
- 1/4 cup red onion, chopped
- 1 cup plain, low-fat yogurt
- 2 Tbsp Dijon style mustard
- 1/4 cup honey

Directions:
1. Serve Combine broccoli florets, dried cranberries, sunflower seeds, chopped apples, and chopped onion in a large serving bowl. Blend yoghurt, mustard, and honey in a small bowl.
2. Add dressing to the salad and toss. Chill before serving.

Nutrition Information:
Calories: 162, Fat: 2 g, Sodium: 138 mg, Carbohydrate: 34 g, Protein: 7 g