

Peanutty Apple Coleslaw

Ingredients

Dressing:

- 1/4 cup nonfat plain yogurt
- 1/4 cup reduced-calorie mayonnaise
- 2 tablespoons creamy peanut butter
- 1 teaspoon sugar

Salad:

- 3 cups finely shredded or chopped cabbage
- 1 Gala, Braeburn, or Granny Smith apple, cored, chopped
- 1 medium banana, cut in half lengthwise, sliced
- 1/3 cup raisins
- 1 tablespoon chopped peanuts, if desired

Directions

In small bowl, combine all dressing ingredients; blend well.

In large bowl, combine all salad ingredients except peanuts. Add dressing to salad; stir gently to coat. Sprinkle with peanuts.