

Black Bean and Apple Salad

Clare Gladwin



Ingredients

2 c black beans
2 Tbsp. honey
1 Tbsp. sugar
2 c apples, granny smith or red delicious
1 c dried cherries
1/4 c walnuts
1/8 tsp. mint oil
2 fresh mint leaves, chopped

Directions

Wash, core and dice apples. Chop walnuts. Drain beans if using canned. Combine all ingredients. Chill for at least 2 hours.

Nutritional Information	Servings 12
Calories per serving	86
Total Fat	2g
Saturated Fat	0
Cholesterol	0
Sodium	2g
Total Carbohydrates	18g
Dietary Fiber	1g
Protein	1g