



Chicken Apple Salad Lettuce Wraps

Time: 10 Minutes

4 cups shredded chicken
1 cup apple, diced
1 tsp. lemon juice
1 tsp. honey
1 cup plain yogurt
salt and pepper to taste
6–10 leaves of living lettuce

- 1) Add the chicken, diced apple, lemon juice, honey, yogurt, salt and pepper in a large bowl and mix together.
- 2) Spoon chicken salad onto the center of each lettuce leaf. Wrap the lettuce up around the salad and serve.

From lifeasastrawberry.com



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Apple Pear Compote with Honey and Maple Syrup

Time: 45 Minutes

1 lb. apples
½ lb. pears
⅓ cup water
Juice from ½ lemon
⅛ tsp. cinnamon
1-1.5 Tbl. honey, to taste
¾-1 Tbl. maple syrup, to taste

- 1) Peel, core and chop the apples and pears into small chunks. Put them in a saucepan with the water, lemon juice and cinnamon. Cover and cook over medium-low heat for 15-20 minutes, until tender. Stir occasionally to stop the fruit from sticking or burning.
- 2) With a potato masher, crush the fruit while it's cooking, and continue to cook until the extra water evaporates, about 5 minutes.
- 3) Remove from heat and gently stir in the honey and maple syrup. Serve warm or cold.

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