

Marinated Apple Relish

Makes 1 serving
1 gram protein
0 fat
120 calories

Ingredients

- 1 apple, finely minced
- 1 stalk of celery, minced (optional)
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- 1 teaspoon red onion, minced
- Dash of Worcestershire sauce
- Sea salt and black pepper to taste
- Stevia to taste

Directions

1. Mix apples and celery together.
2. Dissolve spices into liquid ingredients and pour over the apple mixture.
3. Mix well and allow ingredients to marinate for 30 minutes or longer to allow flavors to blend.

