



Low Sodium Recipes

Apple Cranberry Waldorf Salad
Apple Spinach Salad
Asparagus Tomato Salad
Blackberry & Basil Spritzer
Butternut Squash Health Bars
Cauliflower On The Side
Corn & Sweet Potato Confetti Salad
Easy Peach Cobbler
Fresh Corn Salad

Look for this symbol for recipes containing 5% or less of the % Daily Value for sodium.



Glazed Cantaloupe Bread
Gluten Free Peach Blueberry Muffins
Kickin' Greens
Melon Berry Smoothie
Peach Crisp
Red Potato Salad
Strawberry Green Tea
Sweet & Spicy Butternut Squash
Triple Berry Crisp
Very Berry Salsa
Watermelon Salsa
Watermelon Tomato Salad

For these recipes and more visit:
<http://plateitup.ca.uky.edu>