

Apple Nut Salad

1/2 cup cold soy milk
1 tbsp cornstarch
1 tbsp honey

3 apples (cored) (green is not preferable)
1/2 chopped walnuts
1/2 cup raisins

Mix soy milk, honey and cornstarch well, put into saucepan and heat, stirring constantly until thickened. Set aside to cool (refrigerate if possible). After the custard sauce is cool, dice or chop in a food processor the 3 apples and combine with raisins and walnuts, then add the cooled custard sauce into the mixture, mixing well. We love this for breakfast with toast. FAST ALTERNATIVE: Instead of making the custard sauce, simply used canned coconut milk (1/2 cup approx). Also adding pineapple stops the apples from turning brown and tastes great also. ENJOY!!