

GERMAN FOOD GUIDE

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Sauerkraut - Ananas - Apfel Salat (Sauerkraut Pineapple Apple Salad)

Number of Servings: 1

Ingredients

1 large Tomato
1 small Onion
1 slice Pineapple
1 Apple
1 cup [Sauerkraut](#)
1 teaspoon Raisins
1 teaspoon Oil (Sunflower Oil works well)
1 teaspoon Apple Juice
1 teaspoon chopped Parsley

Instructions

Cut the tomato, onion, pineapple slice, and the apple into cubes. Add to a bowl.

Drain the [Sauerkraut](#). Add to the bowl. Likewise, add the raisins and oil. Mix the salad.

Add apple juice and parsley.

Cover and refrigerate for 2 hours.

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