

Carrot Apple Raisin Salad

Ingredients

- 2 cups apple with skin
- 2 cups carrot
- 13 tsp raisin
- 3-1/4 tsp apple juice
- 1-1/8 tsp lemon juice
- pinch of salt

Directions

1. Dice apples.
2. Peel and grate carrots.
3. Combine all ingredients in a large bowl and mix well. Serve cold in salad bowls.



Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 75 calories, 0.22 g fat, 0.03 g saturated fat, 51 mg sodium, 19.43 g carbohydrate, 2.65 g fiber, 7.5 g sugar, 0.76 g protein