



Carrot Apple Raisin Salad



Scan QR code for cooking demo video!



SERVINGS: 4

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INGREDIENTS

- 2 cups apples with skin, quartered or chopped
- 2 cups carrots, grated
- 1/4 cup + 1 1/8 tsp seedless raisins, not packed
- 1 tbsp + 1/4 tsp apple juice concentrate, frozen
- 1 1/8 tsp lemon juice concentrate
- pinch kosher salt

DIRECTIONS

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

Serving size: 1/2 cup

NOTES

Nutrition facts: 75 calories , 0.76g protein, 19g carbohydrates, 0.2g fat (0.03g saturated fat), 51mg sodium , 7.5g sugar



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