

Recipes

Carrot Raisin Pineapple Salad

Ingredients:

6 carrots 1/4 cup crushed pineapple in juice 1/4 cup raisin 3 tablespoons vanilla yogurt, low-fat

Equipment:

Cutting board Knife Can opener Medium bowl Measuring cups Measuring spoons

Number of Servings: 4 Prep Time: 15 minutes Total Time: 1 hour & 15 minutes

Directions

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- 1. Wash carrots and cut off ends. Use a grater to shred carrots into small pieces. Add to medium bowl.
- Open canned pineapple and drain juice, saving 1/4 cup of juice. Measure and add 1/4 cup of pineapple and 1/4 cup pineapple juice to bowl with carrots. Save remainder of pineapple and juice for other uses.
- 3. Add raisins and yogurt to bowl.
- 4. Mix all ingredients together and chill for at least 1 hour.

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Nutr Serving Siz Servings: 4	te: 1 cup	n Facts	
Amount Per	Serving		
Calories 9	6	Calories from	Fat 0
		%Daily Va	alue*
Total Fat 0)g		0%
Saturate	d Fat Og		0%
Cholester	ol Omg		0%
Sodium 46	βmg		2%
Total Carb	ohydrate	e 23g	8%
Dietary F	iber 4g		16%
Protein 2g			4%
Vitamin A	608%	Vitamin C	20%
Iron "Percent Dai	6% ly Values are	Calcium e based on a 2,000 calor	5% le diet.

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