

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

1. Wash carrots and cut off ends. Use a grater to shred carrots into small pieces. Add to medium bowl.
2. 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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Nutrition Facts	
Serving Size: 1 cup	
Servings: 4	
Amount Per Serving	
Calories 96	Calories from Fat 0
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 46mg	2%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	16%
Protein 2g	4%
Vitamin A 608%	Vitamin C 20%
Iron 6%	Calcium 5%
*Percent Daily Values are based on a 2,000 calorie diet.	

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