

Recipes

Carrot Apple Salad

Ingredients:

4 carrots
2 apples, finely chopped
1/2 cup crushed pineapple in water, drained
2 tablespoons apple juice, frozen concentrate

Equipment:

Cutting Board Knife Parer Grater Mixing bowl Measuring cups Measuring spoons Can opener

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

Directions

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- 1. Wash carrots and use a grater to shred into small pieces. Add to medium bowl.
- 2. Leave the skin on the apple and cut in half through the core. Then cut each piece in half again until you have 4 quarters. Cut out seeds and core and chop into small pieces. Add to bowl.
- 3. Open pineapple and drain water. Measure 1/2 cup of crushed pineapple and add to bowl.
- 4. Add apple juice concentrate to bowl. Mix well and chill until ready to serve.

For more recipes, please visit: www.fcs.ext.vt.edu/recipes



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Nutrition Facts Serving Size: 1/2 cup Servings: 4		
Amount Per Serving		
Calories 191	Calories from	Fat 9
%Daily Value*		
Total Fat 1g		1%
Saturated Fat trace 1g		1%
Cholesterol Omg		0%
Sodium 52mg		2%
Total Carbohydrate 48g		16%
Dietary Fiber 9g		34%
Protein 2g		5%
Vitamin A 813%	Vitamin C	89%
Iron 7% "Percent Daily Values are	Calcium based on a 2,000 calo	6% rie diet.

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