

# RECIPE

## Carrot Ginger Apple Salad

6 servings

### Ingredients

- 4 medium carrots, peeled, shredded
- 1 medium apple, granny smith, thin strips (julienne)
- 1/2 teaspoon minced fresh ginger
- 1/2 cup raisins, dark or golden
- 1/2 cup low fat plain yogurt
- 2 teaspoons honey

### Directions

1. Using a medium mixing bowl, combine all ingredients, stir well and refrigerate for at least 10 minutes before serving.
2. Serving Size: 1/4 cup

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
74	0	0	17	2	1	29