



May 25- Carrot Raisin Salad

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1179546>

Recipe

Ingredients:

- 1 ½ cups shredded carrots
- ¼ cup raisins
- 2 Tablespoon light mayonnaise
- 2 Tablespoon low-fat yogurt
- ½ Tablespoon lemon juice
- 1 Tablespoon honey
- Dash of salt

Directions:

1. Soak the raisins in a cereal bowl of warm tap water (this plumps them up so they taste better in the salad).
2. After soaking for a few minutes, drain the raisins and squeeze them dry with your hand.
3. In a medium bowl, combine the yogurt, mayonnaise, lemon juice, honey and salt.
4. Add the carrots and raisins; mix well.
5. Chill until serving time.

Yield 4 servings

Nutrition Facts	
Serving Size 1/2 cup (72.62g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	1%
Sodium 95mg	4%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	6%
Sugars 13g	
Protein 1g	2%
Vitamin A 140%	Vitamin C 6%
Calcium 4%	Iron 0%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	