

## Carrot Raisin Salad

### Ingredients:

- 4 carrots
- 1/4 cup raisins
- 2 teaspoons sugar
- 1/4 cup lemon juice

### Equipment:

- Mixing bowl
- Mixing spoon
- Cheese grater
- Measuring spoons
- Measuring cups

Number of Servings: 4  
 Prep Time: 5 minutes  
 Total Time: 1 hour

### Directions

1. Wash a carrot. Use a grater to shred carrots into small pieces. Add to medium bowl.
2. Measure and add raisins. Sprinkle sugar on top, add lemon juice.
3. Stir well. Cover and place in refrigerator for a few hours to chill.
4. Serve chilled.

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Nutrition Facts	
Serving Size: 1/2 cup	
Servings: 4	
Amount Per Serving	
Calories 70	Calories from Fat 0
%Daily Value*	
Total Fat trace 1g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 26mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	10%
Protein 1g	2%
Vitamin A 405%	Vitamin C 23%
Iron 3%	Calcium 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

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