Carrot Raisin Yogurt Salad

Ingredients:
- 6 carrots
- 1/2 cup raisins, seedless
- 6 ounces low-fat vanilla yogurt
- 6 iceberg lettuce leaves

Equipment:
- Cutting board
- Knife
- Medium bowl
- Large plate

Directions
1. Wash carrots and place it on a cutting board. Cut off ends. Use a grater to shred carrots into small pieces. Add to a medium bowl.
2. Measure raisins and add to bowl. Add yogurt to bowl. Mix well.
3. Cover with plastic wrap and refrigerate for 15 minutes.
4. Wash six lettuce leaves and place on a plate. Toss carrot mixture again before serving on lettuce leaves.

Nutrition Facts
- Serving Size: 1 cup
- Servings: 6
- Calories: 210
- Total Fat: 4g (6%)
- Saturated Fat: 0g (0%)
- Cholesterol: 5mg (2%)
- Sodium: 90mg (4%)
- Total Carbohydrate: 21g (7%)
- Dietary Fiber: 4g (16%)
- Protein: 3g (6%)
- Vitamin A: 400% of daily value
- Vitamin C: 13% of daily value
- Calcium: 8% of daily value
- Iron: 6% of daily value

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