

## 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

Number of Servings: 6  
 Prep Time: 15 minutes  
 Total Time: 30 minutes

### 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.

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Nutrition Facts	
Serving Size: 1 cup	
Servings: 6	
Amount Per Serving	
<b>Calories 92</b>	Calories from Fat 9
%Daily Value*	
<b>Total Fat 1g</b>	2%
Saturated Fat 0g	0%
<b>Cholesterol 0mg</b>	0%
<b>Sodium 46mg</b>	2%
<b>Total Carbohydrate 21g</b>	7%
Dietary Fiber 4g	16%
<b>Protein 3g</b>	6%
Vitamin A 406%	Vitamin C 13%
Iron 6%	Calcium 8%
*Percent Daily Values are based on a 2,000 calorie diet.	

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