

Carrot Raisin Salad

2 small carrots
1 apple
 $\frac{3}{4}$ cup raisins
1 tablespoon orange juice
3 tablespoons light or fat free mayonnaise

Makes 6 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	99
Carbohydrate:	20 grams
Protein:	1 gram
Fat:	3 grams
Saturated fat:	0
Cholesterol:	2 milligrams
Sodium:	52 milligrams
Dietary fiber:	2 grams

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1. Wash, scrape, and grate carrots, wash and chop apples, and combine with raisins.
 2. Pour orange juice over carrots, apples, and raisins.
 3. Add mayonnaise, mix all ingredients together, and put in medium size bowl.
 4. Refrigerate until ready to serve.