



## *Carrot Salad*

**Serves:** 20 – 1/2c. servings

**Ingredients:**

5#	Carrots, <b>local</b> , shredded
½ #10 Can	Pineapple, drained and crushed
1 ½ cups	Raisins
½ cup	Sesame Seeds
1 T.	Cinnamon
2-32 oz.	Container of Lowfat Vanilla Yogurt (No Aspartame)

**Method of Preparation:**

1. Shred carrots into bowl.
2. Add crushed pineapple, raisins, sesame seeds, cinnamon and yogurt. Stir to combine

**Serving Suggestions:** If you are juicing carrots, the pulp from the juicer can be mixed into the salad. Juice from pineapple can be added to carrot juice.



\*This recipe uses RI Grown carrots!