

Crunchy Carrot Salad

Makes: 6 Servings

Color your plate with carrots. This salad can accompany any meal.



Ingredients

1 pound raw fresh carrots (washed and scrubbed or peeled, shredded)

1/2 cup raisins

8 ounces low-fat vanilla or lemon yogurt

Directions

1. Mix all ingredients in a large mixing bowl.
2. Cover with plastic wrap and refrigerate for at least an hour.
3. Toss again before serving.