

Carrot Raisin Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8 Serving Size: 4 ounces

Ingredients	Quantity	Measure
Carrots, grated	1	cup
Canned pineapple, crushed, drained	½	cup
Raisins	½	cup
Dressing		
Egg-free mayonnaise	½	cup
White vinegar	2	tablespoons
Sugar, granulated	1	tablespoon
Almond milk	1/4	cup

Preparation

1. Mix carrots, pineapple and raisins then set aside.
2. Whisk mayonnaise, vinegar, sugar, and almond milk together
3. Toss carrot mixture and dressing together.

Nutrition Information

 per serving *From USDA Nutrient Database

Calories: 50 Total Fat: 0 g Saturated Fat: 0 g Carbohydrate: 12 g Protein: 1 g Sodium: 14 mg Vitamin A: 8%
Vitamin C: 3% Calcium: 2% Iron: 0%

