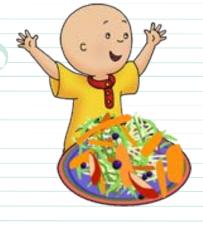


Caillou's Crunchy Carrot Salad

Prep time: 10 minutes Makes: approximately 3 cups

Serving size: 1/4 cup for toddlers; 1/2 cup for school-age kids





Ingredients

2 carrots 1 eating apple 1 cup raisins 1 cup cole slaw mix (bagged cabbage blend) without dressing

Supplies

Vegetable peeler Cutting board & knife

Mixing bowl

Measuring cups & spoons

Mixing spoon

Directions

1. Peel the carrots and apple and cut into very fine strips.

1 lemon 2 tsp. honey

- 2. Put carrots and apple into a mixing bowl. Add the raisins and cole slaw and mix gently.
- 3. Add the lemon juice and honey and mix again.
- 4. Refrigerate the salad until nice and cold.
- 5. Serve as a side salad, appetizer or even as a healthy sandwich filling.
- *Parents cut and peel; kids can help with mixing, squeezing and presentation.

Nutritional Facts

Servings per Recipe: 1

Amount Per Serving

Calories:	76cal
Protein:	1g
Fat:	1g
Saturated Fat:	0g
Carbohydrate:	18g
Fiber:	2g
Cholesterol:	0mg
Sodium:	19mg
Calcium:	8mg
Iron:	0.25mg
Folate:	7mcg

Note: Nutritional analysis may vary depending on ingredient brands used. Values were rounded to nearest whole number, except for iron.

Nutritional analysis and facts have been provided by:



For more information about fun family recipes and keeping kids healthy and well, visit www.kidshealth.org



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