

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
 1 lemon
 2 tsp. honey

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.
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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