

Sweet Carrot Salad

From Forks Over Knives How-To Companion book

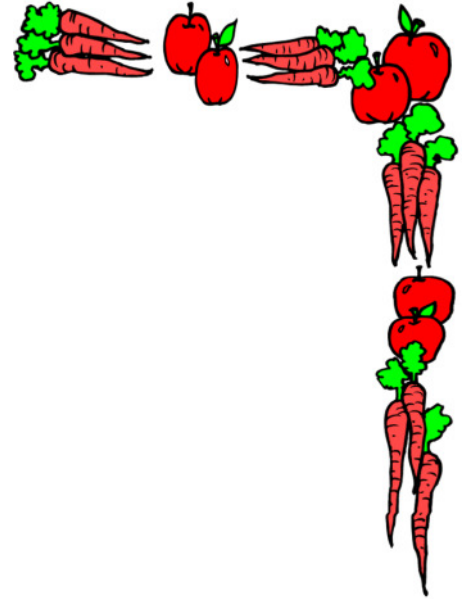
Contributed by Alan Goldhamer and Doug Lisle | *The Health Promoting Cookbook*

Ingredients:

6 carrots, grated
2 apples, peeled and diced
1 tablespoon apple juice
Juice of 1 lemon
1/2 teaspoon cinnamon
1/2 cup raisins

Preparation:

Place grated carrots in a colander and steam over a pot of boiling water for 5 minutes. (The steaming brings out the sweetness of the carrots!) Mix steamed carrots with all the other ingredients in a medium bowl. Chill salad for 1 hour before serving.



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