

## 5 A Day Recipes

### Salads

#### Carrot Raisin Salad

##### Serves 4

- 4 medium carrots, shredded
- 2 teaspoons sugar
- ¼ cup of raisins
- juice of 1 lemon

In a medium bowl, thoroughly mix carrots, raisins, sugar and lemon. Serve chilled.

This is an official 5 a Day recipe, and provides four people with more than one serving of fruit/vegetables each.

##### Nutritional Analysis

Calories: 69  
Cholesterol: 0 mg  
Fiber: 4.5 g  
Sodium: 36 mg  
% Calories from Fat: 2