

Carrot and Raisin Salad

2 cups packed shredded carrots

1/4 cup crushed pineapple, packed in juice, drained

1 teaspoon sugar

¹/₄ cup raisins

3 tablespoons low-fat vanilla yogurt

Mix all ingredients together. Refrigerate before serving. Yield: 5 servings.

Nutrition Information per Serving: 60 calories, 0g fat, 1g protein, 14g carbohydrate, 2g fiber, 45mg

sodium. Excellent source of vitamin A. Good source of vitamin C.

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