

## **Carrot and Raisin Salad**

2 cups packed shredded carrots

¼ cup crushed pineapple, packed in juice, drained

1 teaspoon sugar

¼ 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.