

QUICK CARROT & RAISIN SALAD

- 3 large carrots
- ¼ cup of walnuts or pecans (optional - you can use any nut of your choosing, or leave them out)
- ¼ cup of raisins
- ¼ cup of cranberries (optional)
- 1 Tbsp olive oil
- 1 Tbsp lemon juice
- 1 tsp sugar
- Salt and pepper (optional)

Place the raisins and cranberries in 1/2 cup water and heat in the microwave for 30 seconds. This will soften the fruit and make them soft and juicy. Drain and set aside.

If using nuts, chop them into smaller pieces.

Combine the lemon juice, olive oil, sugar, salt and pepper in a small jar or little bowl. Mix well to combine.

Grate Carrots into a bowl using the large side of the grater.

Add in the fruit and nuts, followed by the dressing.

Toss it all together.

RAISIN TIPS AND IDEAS:

- Add them to your oatmeal or cereal

- Combine with other things like unsalted pretzels and nuts and dry cereal or popcorn to make a simple, inexpensive snack mix for lunch boxes
- Make Ants on a Log using celery and peanut butter or cream cheese
- Pep up chicken salad
- Add to your pancake batter instead of blueberries
- Add them to sauteed spinach
- If your raisins seem very dry, soak them in water for up to 30 minutes