

Carrots salad

SOURCE OF vitamin A, vitamin C, fibres.



Ingredients

4 cups	Carrots, shredded (5-6 carrots, medium-sized)	1 L
1/3 cup	Raisins, dried	90 ml
3 tbsp	Oil, olive	45 ml
2 tbsp	Lemon juice	30 ml
1 tbsp	Honey	15 ml
¼ cup	Parsley, fresh, chopped	60 ml
¼ tsp	Gumin, powder	1 ml
To taste	Salt and pepper	To taste



Preparation

- In a big bowl, mix all ingredients.



Tips

- Use the type of oil you have on hand: olive, canola, vegetable, etc.
- Replace lemon juice with a vinegar of your choice.
- To vary the flavor, vary the type of herb used (fresh coriander, mint, etc.).
- This salad can be store for 3 days.

BALANCED FOOD PLATE

- Vegetables (salads, soups, etc.) ●
- Grain products and starches (rice, pasta, bread, etc.) ●
- Meat, milk and their alternatives (fish, legumes, cheese, etc.) ●

