

Eat a Rainbow Recipes

ORANGE

Carrot and Apple Salad

Ingredients:

5 large carrots
1 large granny smith apple
Juice of 1/2 lemon
1 tablespoon sunflower or vegetable oil
Salt to taste
Sugar to taste

Equipment:

Grater
Vegetable peeler
Serving bowl

Method:

1. Peel and grate carrots and apple
2. Mix in bowl with the rest of the ingredients.

