Confetti Salad

Prep time: 10 minutes | Cooking time: 0 minutes | Number of servings: 6

1 to 2 carrots, grated 
2 apples, peeled and chopped 
½ cup raisins 
2 tablespoons lemon juice 
2 tablespoons orange juice 
1 tablespoon honey

Directions

1. Place grated carrots, and chopped apples in a medium mixing bowl.
2. Mix lemon juice, orange juice, and honey together until the honey is dissolved. Add juice mixture to carrots and apples.
3. Toss with raisins and serve.

Nutrition Facts (Serving size ½ cup): Calories–100; Protein–1g; Carbohydrate–27g; Total Fat–0g; Saturated Fat–0g; Fiber–2g; Sodium–20mg; Vitamin C–10%; Vitamin A–35%; Iron–2%; Calcium–2%

Adapted from Kid Approved Healthy Snacks, Michigan Nutrition Network

Food Sense Tip

To eat this snack on the go, roll it up in a whole grain tortilla.
Cook Together! Preparing Confetti Salad with Kids

Easy Tasks:
- Gather ingredients and equipment.
- Stir dressing ingredients.
- Add ingredients to bowl.

Intermediate Tasks:
- Measure ingredients.
- Grate carrots.
- Peel apples.

Difficult Tasks:
- Cut and core apples.
- Slice ends from peeled carrots.

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact http://foodhelp.wa.gov or the Basic Food Program at 877-501-2233. USDA and Washington State University are equal opportunity providers and employers.