

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

3. Toss with raisins and serve. mixture to carrots and apples.

2. Mix lemon juice, orange juice, and honey together until the honey is dissolved. Add juice

1. Place grated carrots, and chopped apples in a medium mixing bowl.

Directions

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

Confetti Salad

1 to 2 carrots, grated

2 apples, peeled and chopped

½ cup raisins

2 tablespoons lemon juice

2 tablespoons orange juice

1 tablespoon honey



Food \$ense Tip

- To eat this snack on the go, roll it up in a whole grain tortilla.



KID-TESTED FRUITS & VEGGIES



KID-TESTED FRUITS & VEGGIES

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.



Food \$ense Tip

- To eat this snack on the go, roll it up in a whole grain tortilla.

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



Cook Together! Preparing Confetti Salad with Kids

KID-TESTED FRUITS & VEGGIES



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.

