

APPLE CARROT SALAD

A seasonal salad with a refreshing taste. Recipe is from “Simply in Season” by Mary Beth Lind and Cathleen Hockman-Wert (Waterloo, Ontario)

¼ cup or 60 ml fresh lemon or lime juice

2 tablespoons orange juice

1 tablespoon honey (or Sucanat or maple syrup, if preferred)

Mix together in a large bowl until honey is dissolved.

2 cups or 500 ml apple (peeled if desired)

Grate directly into juice mixture to prevent apples from browning.

2 cups or 500 ml carrots (shredded)

1 tablespoon fresh mint (chopped)

1/8 teaspoon salt or to taste

¼ cup or 60 ml raisins (optional)

Toss with apples and serve immediately. Bon appétit!