

# Apple Carrot Salad



## Salad

### Ingredients

1 cup shredded carrots	1/2 cup raisins
3 (medium) unpeeled and diced apples	1/8 cup low-fat mayonnaise
1 tablespoon lemon juice	

### Instructions

Combine all ingredients and chill thoroughly. Serve on salad greens.

Serves 6.

**Nutrition, per serving:** 110 calories, 1g fat, 0mg cholesterol, 140 mg sodium, 25g carbohydrate, 3g dietary fiber, 20g sugar, 1g protein