

Carrot Pineapple Salad

Makes: 6 Servings

Ingredients

2 cups carrots, shredded

1/3 cup raisins

1 cup Crushed pineapple in pineapple juice (8 oz)

3 tablespoons mayonnaise, low-fat

Directions

1. Wash the carrots. Shred the carrots and place into a medium size bowl.
2. Drain the crushed pineapple. Save the juice.
3. Place drained pineapple into the bowl with the shredded carrots and raisins.
4. Add 3 tablespoons of pineapple juice and the low-fat mayonnaise to the bowl, and mix well.
5. Enjoy!

Notes

Serving Size: 1/2 cup