

## ***Carrot Raisin Salad***

1 cup nonfat yogurt  
3 tablespoons honey  
2 tablespoons lemon juice  
¼ teaspoon cinnamon  
4 cups carrots, shredded  
¾ cup gold raisins  
½ cup crushed pineapple, drained

### Directions:

Combine yogurt, honey, cinnamon and lemon juice to make dressing. Add the rest of the ingredients and chill at least 15 minutes.

Serves 8.

Nutrient Analysis, per serving: 132 calories, 32g. carbohydrate, 3g. protein, 0.3g. fat, 70mg. sodium