

Herbal Legacy Recipes

Carrot Salad

Submitted by Herbal Legacy Newsletter Subscriber Lisa Hatch of Mapleton, Utah



INGREDIENTS:

- 4-5 (4 cups) carrots, grated
- 1/2 (2 cups) fresh pineapple, finely chopped or crushed
- 1 cup shredded coconut
- 1/2 cup Veganaise or Almonnaise or other mucusless salad dressing
- 1/2 to 1 cup dried raisins, dried cranberries or pomegranate seeds or both
- Sucanat, honey, or maple syrup to taste

DIRECTIONS:

Mix above ingredients together.
Sprinkle with chopped walnuts or slivered almonds

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