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Sunshine Salad

Prep Time: 15 minutes

Cost per serving: \$0.17

What you need:

Utensils:

- Measuring cups and spoons
- Mixing bowl
- Mixing spoon

Ingredients:

- 2 cups shredded carrots
- ½ cup non-fat vanilla yogurt
- ½ cup crushed pineapple (drained)
- ½ cup raisins

What to do:

1. Wash hands and cooking area.
2. Mix all ingredients together in a mixing bowl.
3. Toss and serve immediately.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 8

Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 1g	
Vitamin A 90%	Vitamin C 4%
Calcium 4%	Iron 2%