

Carrot & Raisin Slaw

Serves 4-6



Ingredients:

- 3 large carrots
- 1/2 cup raisins
- 1/4 cup mayonnaise
- 1 tablespoon sugar
- 1 tablespoon milk



Instructions:

1. Wash hands and carrots 🥕
2. Grate the carrots using the largest hole on a cheese grater, put grated carrots in a large bowl 🥕
3. Stir the raisins into the bowl with carrots 🥕
4. In a small bowl, whisk together the mayonnaise, sugar, and milk 🥕
5. Pour dressing over the carrot mixture and stir to combine 🥕

🥕 = kid-friendly step



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WHY CARROTS?

- Carrots contain a lot of beta carotene which your body converts into vitamin A. Vitamin A is great for your vision!
- Carrots are low in calories and high in fiber, fiber keeps you feeling full and helps maintain good digestive health.
- Carrots kill harmful germs in your mouth and help prevent tooth decay.
- Carrots help detoxify your body and build new cells.

The Minnesota Farmers Market Association (MFMA) provides services, programs and leadership that support and promote farmers' markets across Minnesota.

For more information:
www.mfma.org



Budding Farmers is an innovative enrichment program that teaches children about healthy food produced by their local farmers.

For more recipes, program information and to sign up visit:
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