



### **Carrot Salad**

This recipe is adapted from Nourishing Traditions by Sally Fallon: NewTrends Publishing, [newtrendsPublishing.com](http://newtrendsPublishing.com), 877-707-1776

Serves 6

12 medium carrots, peeled and grated  
1 cup chopped fresh pineapple, drained  
½ cup raisins  
½ cup chopped crispy pecans  
1 tablespoon finely chopped parsley  
¾ cup balsamic vinaigrette dressing

Mix all ingredients together and chill well.