Apple Walnut Carrot Salad

*This recipe is simple, satisfying and refreshing.*

Please see the numbered **Quick Kitchen Tips** at the bottom of the recipe for simplified solutions or recipe-enhancing suggestions.

**Ingredients**

**Dressing**
- ¼ cup fresh lemon or lime juice
- 2 tablespoons 100% orange juice, apple juice or other fruit juice
- 1 tablespoon raw honey, blue agave or pure maple syrup
- *2 teaspoons to 1 tablespoon extra virgin olive oil* *Optional
- ⅛ teaspoon salt

**Salad**
- 2 small to medium apples
- 2 cups shredded carrots
- 1 tablespoon fresh mint, chopped
- ¼ cup raisins
- ⅛ cup chopped walnuts, pecans or almonds
- Extra ⅛ teaspoon salt, or to taste
- *1 bunch spinach or 2 handfuls of mixed greens* *Optional

**Directions**

1. Whisk together dressing ingredients in a medium bowl.³

2. Shred apples over mixed dressing to prevent browning, add remaining carrots, mint, raisins, and optional salt. Toss and serve immediately.

**Quick Kitchen Tips:**
1. You can double the dressing recipe and serve the mixture over a bunch of mixed greens or fresh spinach to turn it into a nice green salad.
2. You can shred these with a grater, in a food processor, or purchase pre-shredded carrots.
3. Choose a bowl with a lid for easy storage and minimal cleanup.

Recipe adapted by Leigh Wagner from *Simply in Season* by Lind and Hockman-Wert.