



Recipes

Salads

Carrot Raisin Salad

Prep Time: 10 minutes

Cook Time: none

Yield: 6 servings

Ingredients:

- 1 pound carrots
- 1 cup raisins
- 2 tablespoons umeboshi vinegar
- 1 tablespoon tamari
- 1 tablespoon flax oil

Directions:

1. Grate carrots by hand or in a food processor.
2. Place carrots and raisins in a mixing bowl.
3. Dress with the other ingredients, to taste.