

# Fresh Carrot Salad

~Submitted by Daun York

## Ingredients

2-3 lbs. fresh carrots / cleaned and topped but not peeled  
1 medium fresh pineapple / topped, peeled and cored then diced small  
2 cups white or regular raisins / rehydrated in 2 TBS of orange juice  
2 TBS orange zest  
2 TBS fresh orange juice  
2 TBS chopped pecans (optional)  
1 cup sour cream, IMO or plain yogurt  
A dash of cinnamon  
A dash of nutmeg  
2 TBS honey or turbinado sugar (raw sugar)

## Preparation

Grate carrots and combine with remaining ingredients. Refrigerate overnight for optimal flavor.  
Serve cold.

