Lunch, American

Fresh Carrot and Apple Salad

Crunchy grated carrots and sweet diced apple are tossed with a tangy mustard dressing and finished with a sprinkle of fresh parsley.

15 min	140	16 g	8 g
time	calories	carbs	sugars



Vegan | Dairy free | Nut free

Ingredients, 4 servings

- [ ] 4 large carrots (peeled and grated)
- [ ] 1 med apple (cored and diced)
- [ ] 3 tbsp olive oil
- [ ] 2 tbsp apple cider vinegar
- [ ] 1 tsp Dijon mustard
- [ ] 1 tbsp unsweetened multi-use syrup
- [ ] 1/4 tsp kosher salt
- [ ] 1/4 tsp black pepper
- [ ] 1 tbsp fresh parsley (chopped, to garnish)

Method

- [ ] **1** Place the grated carrots and diced apple in a large mixing bowl.
- [ ] **2** In a smaller bowl, whisk together the 3 tbsp olive oil, 2 tbsp apple cider vinegar, 1 tsp Dijon mustard, 1 tbsp unsweetened multi-use syrup, 1/4 tsp Kosher salt, and 1/4 tsp black pepper.
- [ ] **3** Pour the dressing over the carrot and apple mixture.
- [ ] **4** Toss gently until everything is evenly coated.
- [ ] **5** Scatter the 1 tbsp chopped fresh parsley over the top and serve chilled or at room temperature.

Nutrition Facts

Per serving

Calories	**140**
Total fat	14 g
Saturated fat	1.5 g
Sodium	190 mg
Total carbs	16 g
Fiber	3 g
Total sugars	8 g
Protein	1 g

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