

Carrot Salad

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Ingredients:

1 ½ lb of carrots, peeled and grated.
¼ cup of non-fat mayonnaise.
2 ½ tablespoons of freshly-squeezed lemon juice
1 tablespoon of maple syrup.
Pinch of salt.

Preparation:

In a bowl, mix together the mayonnaise, lemon juice, maple syrup and a pinch of salt.

Add the carrots, tossing to mix.

Allow to stand for about 45 minutes.

Serve.