

# Carrot & Apple Salad

## Ingredients:

- 2 tablespoons honey
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- 1 green apple, cored and thinly sliced
- 2 carrots, peeled and cut into coins
- ½ cup walnut pieces, toasted



## Preparation:

1. In large bowl, whisk honey, oil and lemon juice; season.
2. Toss apple and carrots with dressing. Sprinkle with walnuts

## Nutrition Facts

Servings: 4

Amount per serving

**Calories** **155**

% Daily Value\*

**Total Fat** 8.4g **11%**

Saturated Fat 1.1g **5%**

**Cholesterol** 0mg **0%**

**Sodium** 23mg **1%**

**Total Carbohydrate** 20.5g **7%**

Dietary Fiber 2.7g **9%**

Total Sugars 16.3g

**Protein** 1.5g