



Carrot Salad

1 serving

5 minutes

Ingredients

2 Carrot (medium, shredded)
1 tsp Extra Virgin Olive Oil
1 tsp Apple Cider Vinegar
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	91
Fat	5g
Carbs	12g
Fiber	3g
Sugar	6g
Protein	1g
Cholesterol	0mg
Sodium	85mg
Vitamin A	20381IU
Vitamin C	7mg
Calcium	41mg
Iron	0mg

Directions

- 1 Add all of the ingredients to a bowl. Toss to combine. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately one cup.

More Flavor: Add garlic and honey.

Additional Toppings: Shredded beet, red onion, feta or goat cheese, fresh parsley or cilantro.