



# Community Cooking Nutrition Education

## APPLE CARROT SLAW

### Ingredients:

1 Granny Smith apple

1 carrot

½ cup raisins

2 T. white wine vinegar

½ cup non-fat, plain yogurt

½ tsp dried oregano

Optional: Dried cumin, toasted walnuts



### Cooking instructions:

1. Wash carrots and apples.
2. Peel carrots and shred them into long strands.
3. Cut apples into long strands similar to carrots.
4. Mix in raisins, vinegar, yogurt, cumin and oregano
5. Season with salt and pepper.
6. Add optional toppings.
7. Serve cold.

Serves four.

For more information on Community Cooking Nutrition Education, visit [rifooodbank.org](http://rifooodbank.org).