

Sweet Carrot Salad



1 lb. carrots, peeled and grated (about 4 cups)

$\frac{1}{2}$ cup plain yogurt

3 tablespoons honey

$\frac{1}{2}$ or 1 cup dried cranberries or raisins

$\frac{1}{2}$ or 1 cup toasted sunflower seeds

Mix yogurt with honey. Stir into grated carrots.

Add fruits and seeds and stir again.

Variations:

Try cubes of oranges or tangerines, apples, pears.