Ingredients:
- 3 large carrots
- 1/2 cup raisins
- 1/4 cup mayonnaise
- 1 tablespoon sugar
- 1 tablespoon milk

Instructions:
1. Wash hands and carrots
2. Grate the carrots using the largest hole on a cheese grater, put grated carrots in a large bowl
3. Stir the raisins into the bowl with carrots
4. In a small bowl, whisk together the mayonnaise, sugar, and milk
5. Pour dressing over the carrot mixture and stir to combine

= kid-friendly step

Serves 4-6
**WHY CARROTS?**

- Carrots contain a lot of beta carotene which your body converts into vitamin A. Vitamin A is great for your vision!
- Carrots are low in calories and high in fiber, fiber keeps you feeling full and helps maintain good digestive health.
- Carrots kill harmful germs in your mouth and help prevent tooth decay.
- Carrots help detoxify your body and build new cells.

**The Minnesota Farmers Market Association (MFMA) provides services, programs and leadership that support and promote farmers’ markets across Minnesota.**

For more information: www.mfma.org

**Budding Farmers is an innovative enrichment program that teaches children about healthy food produced by their local farmers.**

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