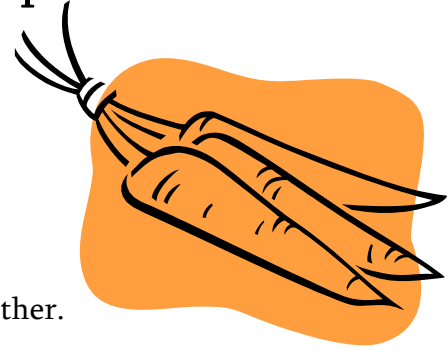




Fruit and Vegetable recipes

Carrot & Raisin Salad

- 2 cups grated carrots (3 medium)
- ½ cup raisins
- 4 to 6 tablespoons low-fat lemon yogurt
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- In a medium-sized bowl, mix carrots and raisins together.
- Mix in enough yogurt to moisten.
- Serve on lettuce or other greens.



Fruit Salad

- 3 to 4 pieces of fruit (apples, bananas, peaches, melons, strawberries, or whatever you like)
 - 8 ounce cup of vanilla yogurt
 - 4 ounce low-fat granola
1. Cut fruit into bite size pieces.
 2. Stir in low-fat or non-fat vanilla yogurt.
 3. Sprinkle granola. Enjoy!



Raw Vegetables and Dip

- A variety of raw vegetables for dipping (Try sliced green pepper, carrots, turnip, cactus, jicama, cabbage, cauliflower and broccoli)
1. Use raw vegetables instead of chips with your favorite dip.

Dips:

- Mayonnaise with a little curry powder stirred in
- Cottage cheese with chives
- Plain yogurt
- Cold refried beans and chili sauce