

CARROT SALAD

3 carrots, grated (I grate 1/2 coarsely and 1/2 fine)

3 tablespoons raisins

3 tablespoons raw sunflower seeds

juice of 1/2 lemon

1 tablespoon olive oil

salt and pepper, to taste

pinch nutmeg

pinch cinnamon

1. Combine the carrots with the other ingredients.

2. Mix well.