

## CARROT-WALNUT SALAD

from Flat Belly Diet Cookbook

(4 servings)

### Ingredients

- ½ cup golden raisins
- 2 Tbsp rice wine vinegar
- 1 Tbsp oil
- 2 tsp lemon juice
- 1 tsp honey
- ⅛ tsp salt
- 4 large carrots, grated
- ½ cup walnuts, toasted and chopped
- ¼ cup chopped fresh parsley

### Preparation

1. Soak the raisins in hot water for 20 minutes to plump them. Drain.
2. In a small bowl, whisk together the vinegar, oil, lemon juice, honey and salt.
3. Combine the carrots, walnuts, parsley, raisins and dressing in a medium bowl and toss to coat.