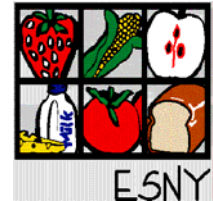




Confetti Slaw

- 1/4 small head green cabbage
- 2 carrots
- 1/4 cup raisins

- 1/4 cup peanuts
- 1/2 cup yogurt, vanilla
- 1 Tablespoon orange juice



Instructions:

1. Slice and cut cabbage into thin strips. Place pieces in large mixing bowl.
2. Peel and grate carrots. Add to mixing Bowl.
3. Measure raisins and peanuts. Add to mixing bowl.
4. Mix all ingredients together.
5. Combine yogurt and orange juice in small bowl.
6. Add yogurt mixture to cabbage mixture, stirring to combine ingredients thoroughly.

Source:

Adapted from:
 Cooking Up Fun – A Pyramid of Snacks
Cornell Cooperative Extension
 Division of Nutritional Sciences
 Cornell University

Nutrition Facts			
Serving Size (74g)			
Servings Per Container			
<hr/>			
Amount Per Serving			
Calories 70		Calories from Fat 25	
<hr/>			
			% Daily Value*
Total Fat 2.5g			4%
Saturated Fat 0.5g			3%
Cholesterol 0mg			0%
Sodium 30mg			1%
Total Carbohydrate 11g			4%
Dietary Fiber 2g			8%
Sugars 7g			
Protein 2g			
<hr/>			
Vitamin A 35%	Vitamin C 30%		
Calcium 4%	Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<hr/>			
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			