



Carrot Raisin Pineapple Salad (dairy and gluten-free)

4 cups grated carrots
½ cup raisins
20 oz can pineapple tidbits

Combine all ingredients and stir to combine.
Do not drain the pineapple (the raisins will absorb any extra juice).
Cover and refrigerate for 30 minutes before serving.



Carrot Pancakes

1 ¾ cups milk
2 eggs
¼ cup butter
4 medium carrots
2 cups flour
2 Tbsp. baking powder
1 tsp. Salt
4 Tbsp. sugar
2 dashes cinnamon

Place first 3 ingredients in a blender and mix. Add carrots and blend well until there are no chunks of carrot visible. Add the rest of ingredients to blender and mix thoroughly. Cook pancakes on medium heat until golden brown. Enjoy with pure maple syrup.

