



Leonor's Fabulous Treat



This is easy to prepare from readily available ingredients. Children can make this dish, and they love to eat it, too, as a dessert or salad.

Makes 8-10 (1/2 cup) servings

1. Scrub & grate **3 large carrots.**
2. Add **1 can crushed pineapple & its juice**
3. Add **½ cup raisins**
4. Add **¼ cup flaked coconut**
5. Add **¼ cup chopped walnuts**
6. Lightly but thoroughly blend these ingredients.
7. Stir in **1 cup low-fat vanilla yogurt.**
8. Spoon into dishes and serve. You can garnish this with fresh orange slices.