

A. Cinnamon Carrot Crunch



Prep time: 15 minutes
Serves: 12
Serving Size: 1/4 cup

Utensils needed
 Peeler
 Knife
 Cutting board
 Large mixing bowl
 Measuring spoons
 Measuring cup
 Mixing spoon

Ingredients

- 4 medium carrots, grated
- 2 medium apples, chopped
- 1 celery rib, chopped
- 1 tablespoon of lemon juice
- 3/4 cup of raisins (soak them overnight in 1 cup of water in the refrigerator)
- 3/4 cup of vanilla yogurt
- 1 teaspoon of cinnamon

Directions

1. Wash your hands and clean your cooking area.
2. Wash the carrots, apples, and celery.
3. With a knife or peeler, peel the carrots.
4. Chop the carrots, apples, and celery, and place them in large mixing bowl.
5. Add the lemon juice, raisins, yogurt, and cinnamon to the bowl of chopped carrots, apples, and celery.
6. Stir them until they are coated evenly.
7. Chill the salad before serving it.

Nutrition Facts

Serving Size 1/4 cup
 Servings Per Container 12

Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 1g	
Vitamin A 70%	• Vitamin C 6%
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	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

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Kitchen math and Science

1. Carrots are a great source of what vitamin? Vitamin _____
2. On average, how many pounds of carrots does a person eat each year? _____ (Hint: Use your *Veggie Mania Research Chart*)
3. In 5 years, how many pounds of carrots does the average person eat? _____

Show your work here:

4. How many cups does 1 stalk of chopped celery fit into? _____
5. Circle the bigger measure:
 teaspoon tablespoon

How the children can help: Wash the produce, peel the carrots, measure the ingredients, and stir the salad

