



# The Complete Recipe

Ingredients and Simple Steps to Optimal Health

## Carrot Salad

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### Ingredients:

2 cloves garlic, raw, chopped  
4 large carrots, raw, grated  
1/4 tbsp parsley, raw, chopped  
2 tbsp vegan mayo  
1/4 tsp salt, kosher  
1/4 tsp pepper, black, ground

### Recipe Directions:

Mix all ingredients in a bowl. Refrigerate for a minimum of 1 hour to let flavors blend. Serve cold.

Serves 4

### Nutrient Analysis per Serving:

Calories: 52.9  
Total Fat: 4.5  
Saturated Fat: 0.3  
Trans Fat: 0.0  
Polyunsaturated Fat: 0.0  
Monounsaturated Fat: 0.0  
Cholesterol: 0.0  
Sodium: 117.1  
Carbs: 1.8  
Fiber: 0.5  
Sugars: 0.7  
Protein: 0.2