

Foodnity Recipes

Carrot Salad Recipe – Fresh & Easy

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 4 large carrots, peeled and sliced into thin ribbons
- [ ] 1/4 cup extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp apple cider vinegar
- [ ] 1 small garlic clove, minced
- [ ] 1 tsp honey (or maple syrup for vegan)
- [ ] Salt and freshly ground black pepper to taste
- [ ] 1 tbsp toasted sesame seeds (optional)

Instructions

1. Wash and peel the carrots, then use a vegetable peeler or mandoline to create thin ribbons; set aside.
2. In a small bowl, whisk together olive oil, lemon juice, apple cider vinegar, minced garlic, honey, salt, and pepper until the dressing emulsifies.
3. Taste the vinaigrette, adjusting sweetness or acidity as needed; remember a splash of avocado cucumber juice can add extra freshness.
4. Place the carrot ribbons in a large bowl, pour the dressing over them, and toss gently until evenly coated.
5. Let the salad rest for 5 minutes to allow flavors to meld, then sprinkle with toasted sesame seeds if desired and serve.

Nutrition per serving

120 kcal	2 g	15 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier note, add a pinch of red pepper flakes to the dressing.
- For extra crunch, toss in a handful of raisins or chopped nuts.
- The salad brightens after a short rest; avoid serving immediately to let the vinaigrette settle.