



Natural Life  
Choices,™ Inc.

# CARROTS AND APPLE SALAD



## INGREDIENTS:

- » 2-3 carrots
- » 1 apple
- » 1 leek
- » Salt and fresh ground black pepper



## PREPARATION:

Wash and shred carrots and apple. Wash and chop leek. Mix everything and add salt and pepper.

**Bon Appetite!**

*"I have the strength for everything through him who empowers me." (Philippians 4:13)*