

# Shredded Carrot Apple Salad

Servings: 6, as a side |

Total Time: 10 minutes

## Ingredients

5 large carrots (approx 250 g)  
1 medium apple (approx 175 g)  
1/3 cup (35 g) walnuts, crushed  
1/2 cup (60 g) dried cranberries  
1 tablespoon Dijon mustard  
2 tablespoons olive oil  
Juice and zest from 1 lemon  
Kosher salt & freshly ground black pepper, to taste

## Directions

Using the shredder disc of a food processor, or the large holes of a box grater, grate the carrots and apples into a large bowl.

Add the dried cranberries and walnuts to the bowl, toss gently.

Whisk all of the remaining ingredients together in a separate small bowl. Taste and adjust as needed. It should be bright and light.

Add the dressing to the other ingredients and toss everything together. Serve chilled or at room temperature.