

STEP 1

Cut along the dotted lines.
(Take care when using scissors!)



Caz

Cold Carrot Salad

Make sure you get your parent or guardians permission before you make this recipe! Also don't forget to always wash your hands before you prepare or handle food!

What you'll need!

- 2-3 tender baby carrots, grated
- 1 stem fresh coriander
- lemon or lime juice, to taste
- cracked pepper, to taste

How to make them!

1. Peel and wash carrots; grate the carrots into a bowl.
2. Blend with coriander and few drops of lemon or lime juice.
3. Cover the bowl and place it in fridge. Serve cold with a dash of cracked pepper as a snack or with meals.



© 2008 Belconnen Fresh Food Markets

STEP 2

Fold the bookmark in half.
Glue or sticky tape the inside.