



Bronto Burger

Party Pizzas

Chicken Littles

Cheese-a-roni

Hip Hoppy Salad

Cheddables

Bedrock-a-Berry Punch

Sabertooth Smoothie

Bedrock Pops

Pterodactyl Nests

Kid Recipes

Hip Hoppy Salad

This tasty salad is filled with good stuff sure to put a little "spring" in your step.

What you need:

4	large carrots
1/2 cup (125 mL)	raisins
1	celery stalks
1	apple
3/4 cup (175 mL)	mayonnaise
2 tsp (10 mL)	lemon juice
	salt to taste

Variation: Add a little crunch by sprinkling sunflower seeds on top of salad.

What to do:

Wash carrots. Grate finely. Put into bowl. Add raisins and chopped celery. Cut apple in quarters. Remove core. Chop and add to salad with remaining ingredients. Mix well. Cover bowl with plastic wrap and let stand 2 hours to let flavours mellow. Stir again before eating. Serve on a lettuce leaf or in a small bowl.

Makes about 6 servings.