

CHEF EUNICE POWER'S CARROT, YOGURT AND DATE SALAD



By Irish Yogurts Clonakilty

Carrot, Yogurt and Date Salad

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Method

- Pre heat the oven to 200°C
- Peel the carrots and cut into bite size chunks
- Mix with a little olive oil and maple syrup, place on a baking tray and roast until cooked.
- Allow to cool, add the rest of the ingredients, Season with salt and pepper, toss well and serve immediately.
- Delicious with pan fried lamb chops!

Ingredients

- 150g of [Irish Yogurts Clonakilty Whole Milk Natural Live Yogurt](#)
- 600g carrots
- 10 dates
- A handful of chopped mint
- A tablespoon of lemon juice
- 2 teaspoons of maple syrup
- 2 tablespoons of olive oil
- Salt and Pepper