

Recipes for Shredded & Sliced Carrots

Shredded and sliced carrots are a delicious addition to baked goods, soups, and salads.

- Mix shredded carrots into muffin or cookie dough for added nutrition.
- Toss shredded carrots with oil and vinegar (or Italian salad dressing), raisins, and sunflower seeds for a healthy and quick salad.
- Steam and toss sliced carrots with a little butter, honey, and/or salt.
- Sauté or fry sliced carrots in vegetable oil in a large pan. Stir occasionally and cook until browned. Top with salt and pepper.



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