

Carrots

Carrots are delicious raw or cooked and are a versatile source of Vitamin A and other important nutrients.

- Raw: cut into sticks and serve with salad dressing or guacamole as a snack. Grate or slice onto a salad.
- Grate into muffin or cookie dough for added nutrition
- Steam and toss with a little butter, honey, and/or salt
- Store without green tops in plastic bag in refrigerator crisper drawer for up to a month



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