

CARROT-TERISTICS

Carrots are a rockin' root that can be prepared in many tasty ways. Test out all of these ideas and check your family's favorites.



Grate it

Grate carrots, then add cinnamon, raisins and a drizzle of honey.

Favorite



Blend it

Cook carrots, apple slices and a chopped onion in broth until soft. Puree in a blender for a tasty soup.

Favorite



Bake it

Place whole carrots in a pan and drizzle with oil. Top with parmesan cheese and bake.

Favorite



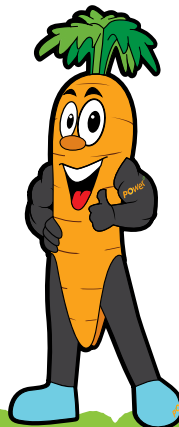
Steam it

Chop carrots into coins. Place in a pan with a small amount of water. Steam until soft, then drizzle with maple syrup.

Favorite

Create it

Serve up your carrots in a new, fun way!



Safety tip:

Ask an adult for help with sharp knives, appliances and hot ingredients.

