

FUEL **UP**

Carrots Can-Do

They're crunchy, chock-full of nutrients, low in calories, and naturally sweet.

DIP

Dip baby carrots in hummus or low-fat yogurt dip.

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SHRED

Add to tuna or egg salad and make mini-pita or cracker sandwiches.

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PUREE

Blend with frozen fruit for a beta-carotene packed smoothie.

