

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.

SHRED

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

PUREE

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

