

Carrots

Braised Carrots

1 can chicken broth

1 package carrots, cut into bit sized pieces

In skillet, simmer carrots in chicken broth until fork tender.

(Amanda's recipe)

Carrot Slaw

5-6 carrots, grated

½ cup raisins

1 (20 oz.) can pineapple tidbits

½ cup plain yogurt

¼ teaspoon ground cinnamon

1 teaspoon sugar

In large bowl, mix yogurt, cinnamon, and sugar together. Add in carrots raisins and pineapple, mix well until carrots are well coated with yogurt mixture.

Carrot-Apple Smoothie

Yield: 2 one cup servings

2 large carrots, roughly chopped

1 apple, stemmed and cored, then roughly chopped

1 frozen banana, peeled

1 cup water

Juice of ½ lemon

Pinch each of cinnamon, ginger, and cardamom (optional)

Add all ingredients to a blender with ½ cup water and puree until smooth, adding up to ½ cup more water to thin to desired consistency.

<http://www.oprah.com/food/carrot-apple-smoothie-recipe>