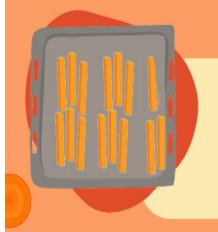
Healthy Ways To Ook Carrots For Children

Wash and boil the carrots on a low flame. However, be careful not to overcook.

Serve steamed carrots as a snack, or season them with cheese.

Saute carrots with a little oil and salt and serve them crisp.



Bake carrots instead of frying them, and serve fresh and hot.

Make delicious carrot juice or smoothies.

Roast carrots at 400°F for about 20 minutes and serve them fresh.



Source: https://www.momjunction.com/articles/benefits-of-carrots-for-kids_00355279/