



Healthy Ways To Cook 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.

