

# Crazy for Crunchy Carrots!

Carrots are a particularly good source of beta-carotene, fiber, vitamin K1, potassium, and antioxidants. Plus, they're low in calories!

They also have several health benefits. They have been linked to lower cholesterol levels and improved eye health. What's more, their carotene antioxidants have been linked to a reduced risk of cancer.

Carrots are found in many colors, including yellow, white, orange, red, and purple. Orange carrots get their bright color from beta carotene, an antioxidant that your body converts into vitamin A.

## Carrot Chips

### Ingredients:

- Carrots
- Oil of your choice
- Salt
- Pepper
- Cinnamon

### How To Make:

- Slice the carrots paper-thin.
- Pour the oil into a pan and heat over medium flame.
- Fry the chips till the edges curl and they look brown.
- Remove from the pan and place on paper towels to drain off excess oil.
- Season with salt, pepper, and cinnamon.



### Carrot Nutrition Facts!

400% of your daily Vitamin A!  
21% of your daily Vitamin K!  
Each serving has 50 Calories!  
& About 2 grams of fiber!



Carrots are a good source of several vitamins and minerals!

Biotin

Potassium

Vitamins A, K1, and B6.

The main plant compounds in carrots are:

Beta carotene

Alpha-carotene

Lutein

Lycopene

Polyacetylene

Anthocyanins

These substances have been linked to improved immune function and reduced risk of many illnesses, including heart disease, various degenerative ailments, and certain types of cancer.

**Roasted! Steamed! Sautéed! Grilled! Fresh!**



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