



Carrot Fries

Serves: 10 | Serving Size: 1/2 cup

Ingredients Needed:

- 1 1/2 pounds of carrots, about 6-8 medium carrots (it's fun to use rainbow carrots in shades of yellow, white, orange, and red)
- 2 tsp. olive oil
- 1 tsp. ground cumin
- 1/8 tsp. sea salt

Directions:

1. Preheat oven to 400° F
2. Line baking sheet with parchment paper.
3. Wash carrots well to remove dirt
4. Cut carrots into 3-inch strips, or “coins” if you want to call them carrot chips
5. Place carrots, olive oil, cumin, and salt in a bowl. Toss to coat evenly.
6. Place carrots on the baking sheet.

7. Bake for 30 minutes, turning carrots after the first 15 minutes.
8. Cool slightly and enjoy!

Variations:

For a different taste sensation try cardamom or cinnamon instead of cumin or another spice, herb, or seasoning. Children could do a naming contest for their favorite variety, such as Cardamom Carrot Crunchies. This is a fabulous activity to teach children about marketing while also engaging them in healthier food choices!