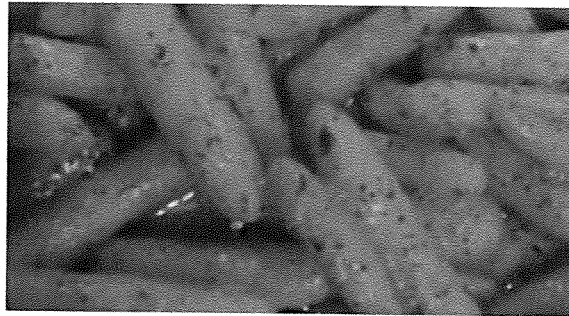


WHY DO OUR BODIES NEED CARROTS???

The human body turns beta-carotene into vitamin A and carrots are one of the best sources for beta-carotene. Vitamin A is important for the health of our vision (including our night vision) as well as our bones, teeth and skin.



Ranch Carrots



Ingredients

- 1 bag of Baby Carrots
- 1 Gallon size Bag
- 1 package of Ranch dressing mix (dry)
- Olive Oil
- (optional) I like dill, so I always add in dill to these carrots. .

Instructions

1. Preheat oven to 350.
2. Put the carrots in the baggie and add oil to coat.
3. Add in the Ranch dry mix.
4. Add more oil if needed.
5. Using your hands, rub the carrots to make sure everything is coated evenly.
6. Bake for 30 minutes on 350.