

## **CARROTS**

1. Wash, trim off tops and peel carrots.
2. Cut into 1/4" slices (or shred).
3. Blanch for 1 minute to increases the availability of antioxidants.
4. Dehydrate carrots at 130°F for 12 (for slices) or 8 hours for shredded carrots

Dried carrots can be added directly to stews and soups without re-hydrating.

To re-hydrate, soak in cold water for 30 minutes, After soaking, simmer until tender.