



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Carrot Coins*

- 2 medium to long carrots, sliced into thin rounds
- 2 tablespoons water
- 2 teaspoons soft-tub margarine
- 1 teaspoon lemon juice
- 1-2 teaspoons brown sugar
- 1-2 teaspoons sesame seeds (optional)

1. Place carrot slices and water into small saucepan and steam until crisp tender, but not mushy.
2. Add the rest of the ingredients to the pan.
3. Turn the heat to medium, cook and stir. The carrots should be coated with the syrup. Serves 4.

Children can:

Wash the carrots, measure the ingredients, and count the coins!

Nutrition Facts

Serving Size: 1/2 cup (49g)

Servings: 4

Amount Per Serving

Calories 40 Calories from Fat 15

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Total Carbohydrate 6g **2%**

Dietary Fiber 1g **4%**

Sugars 4g

Protein 0g

Vitamin A 90% ■ Vitamin C 4%

Calcium 2% ■ Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to www.uwyo.edu/centsible for more information.



TV Show

Cent\$ible Nutrition Program University of Wyoming Family and Consumer Sciences

Dept 3354; 1000 E. University Ave.; Laramie, WY 82071

Visit us on the web: www.uwyo.edu/centsible

USDA and the University of Wyoming are equal opportunity providers and employers. This material was funded by USDA's SNAP-Ed.