

8 Carrot Recipes You Can't Miss

Summary: Enjoy carrots in these 8 healthy recipes that will make your taste buds happy.

I remember being told as a kid that eating carrots helps your eyesight, but since I had never needed glasses I ignored this advice. Although it's true that carrots contain beta-carotene, which can help restore vision due to a Vitamin A deficiency, they do a lot more than that to keep our bodies healthy.

Considerable research suggests that foods rich in carotenoids have anti-cancer effects, as their antioxidants reduce free radicals in the body. Additionally, the phytochemicals and antioxidants in carrots may help with blood sugar regulation, improve immune function, and help delay the effects of aging.

So now that you know you should eat more carrots, how do you get started? Here are eight delicious recipes to include in your weekly diet.



Honey Roasted Balsamic Carrots from [The Cookie Rookie](#)



Spicy Carrot Hummus from Buzzfeed



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Carrot Cake Oatmeal Cookies from Amy's Healthy Baking



Crunchy Baked Carrot Chips from Activewear USA



Carrot Ribbons with Rosemary Butter Sauce from Do You Even Paleo?



Carrot Fries from Living Well Kitchen



Carrot Cake Protein Muffins from Amy's Healthy Baking



Tropical Carrot Smoothie from The Chunky Chef