Give your baby carrots a makeover. Serve these baked carrots with a tasty dip.

**Ages:** 3–5 years  
**Prep time:** 5 minutes  
**Makes:** 6 servings  
**Cook time:** 20 minutes

### INGREDIENTS

- **¾ cup + 1 Tbsp** Greek yogurt, non-fat, plain  
- **3 Tbsp** sunflower seed butter  
- **4 cups (1 lb 1 oz)** baby carrots, fresh  
- **⅛ tsp** salt, table  
- **1½ tsp** canola oil

### DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.

2. Preheat oven to 400 °F.

3. In a small bowl, combine yogurt and sunflower seed butter. Use a fork or rubber spatula to mix until smooth. Set aside. Keep cold at 40 °F or lower.

4. In a small bowl, combine carrots, salt, and oil. Toss.

5. Place carrots on a baking sheet in a single layer. Bake for 20 minutes or until lightly brown on the bottom. Heat to 140 °F or higher for at least 15 seconds.

6. Serve ½ cup carrot fries (about 6–10) and 2 Tbsp dip. Serve immediately, or keep dip cold at 40 °F or lower and keep carrot fries warm at 140 °F or higher.
**NUTRITION INFORMATION**

½ cup baked carrot fries and 2 Tbsp dip

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Calories</td>
<td>105</td>
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<tr>
<td>Total Fat</td>
<td>5 g</td>
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<tr>
<td>Saturated Fat</td>
<td>1 g</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
<td>132 mg</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Total Sugars</td>
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<td>Includes Added Sugars</td>
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<tr>
<td>Protein</td>
<td>6 g</td>
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</table>

Vitamin D N/A
Calcium 64 mg
Iron 1 mg
Potassium N/A

N/A = Data not available

**CHEF TIPS**

- Contains milk (yogurt) and may contain tree nuts or peanuts. Some sunflower seed butters and soy nut butters are produced on equipment shared with tree nuts and, in some cases, peanuts.
- **Choking Prevention**: Nut butters can be a choking risk for children under the age of 4.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.

*Source: Team Nutrition CACFP Easy Recipe Project*

[TeamNutrition.USDA.gov](https://TeamNutrition.USDA.gov)