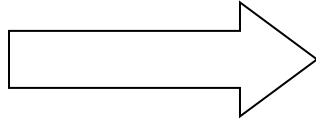


# What are my healthy options?

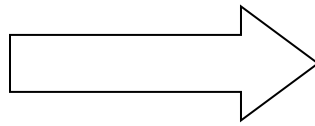
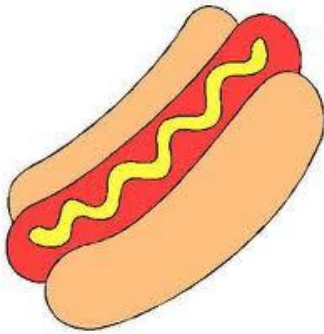
Write your ideas for healthy toppings or substitutes for each food



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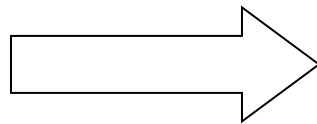
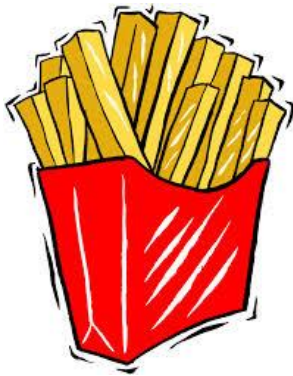
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**Healthy Snack Recipe (Courtesy of: <http://summerharms.blogspot.com/>)**



## carrot fries

or, what i've been living on lately

1. Preheat oven to 450 degrees.
2. Peel carrots, chop into thick shoestrings.
3. Drizzle lightly with olive oil, sprinkle with salt and pepper, and toss to coat. I like to use my hands. I also like to add plenty of minced garlic!
4. Spread out in a single layer on a baking sheet.
5. Roast for 25 to 30 minutes, or until starting to brown. We like ours just a bit blackened.

serve instead of french fries. yum.