



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mtevaz Lezzetler® Turkish cooking recipes

Carrot Bars

ubuk Havu



2 carrots
1 lemon

- # Wash the lemon, and fill its juice into a glass.
- # Peel the carrots and slit them.
- #Place the carrot slices into the glass vertically, which you filled the lemon juice in it
- # Rest the carrot slices in the lemon juice for half an hour at least.
- #Serve with the glass.

Note: It is the perfect time to serve when the carrot gives its colour to the lemon juice.