



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mtevezi 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.