

# SPREAD FROM BAKING VEGETABLE



## INGREDIENTS:

- » 4 big carrots
- » 2 big parsley
- » 3 tablespoon olive oil
- » 2 tablespoon of lemon juice
- » Salt and pepper
- » The spices which you like



## PREPARATION:

Wash and peel vegetable and sprinkle with olive oil. Then bake for 45 minutes in 350°F. When vegetables cool down, blend them and add ingredients. Store the spread in refrigerator.

**Bon Appetite!**