

# Carrot-boats, Austria



# Carrot-boats



... are filled with a simple **carrot-spread** that tastes great with bread. But Kids specially love it as a filling for a handy “boat”.

Carrots are one of the most popular vegetables in Austria. The recipe also contains cream cheese – Austria’s farmers in mountainous areas produce a lot of milk. 20 percent of Austrian milk is organic.

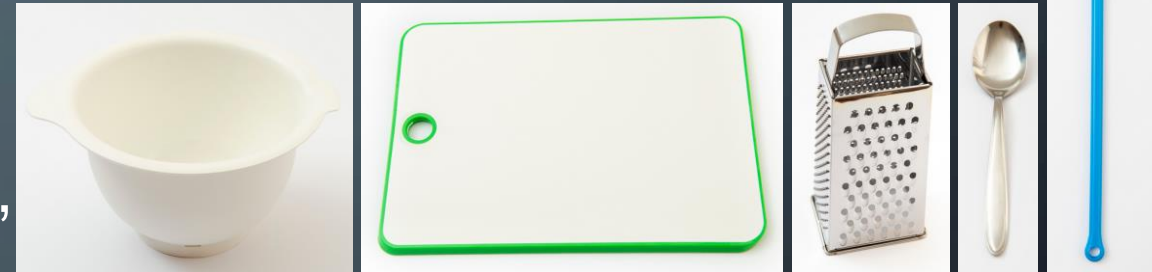


# Ingredients



(Serves 10)

Equipment:  
bowl, cutting board, rasp, cooking spoon,  
tablespoon, teaspoon



Ingredients:  
20 lettuce leafs, 10 slices of bread, 1 carrot,  
1 teaspoon horseradish, ½ teaspoon salt, 1  
pack of cream cheese (~ 200 g)



# Step 1:

Wash carrot and grate it.

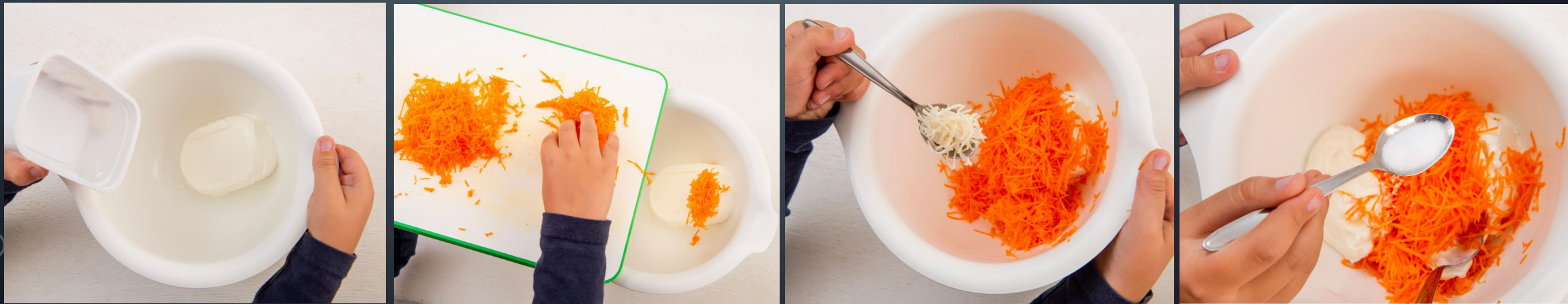




# Step 2:



Put the cream cheese into the bowl.  
Add carrots, horseradish and salt.



# Step 3:



Mix well.

Wash lettuce leaves and fill with a spoonful of the spread.  
Serve with bread.

