

## **VIS Nutrition Tip: Have you tried purple carrots?**

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Purple carrots are the latest super food. Although relatively new to our grocery stores, they've actually been around for thousands of years, originating in Persia.

They have all the nutritional properties of orange carrots, including being rich in beta carotene. But they also have the added benefit of extra anti-oxidants. The purple pigment is rich in the anti-oxidant anthocyanin, the same one found in blueberries. It's this property that gives them the "super food" title.

They have a slightly sweet taste, just like an orange carrot. Cook them just like you would regular carrots - stir fried, steamed, roasted. They are also particularly good raw, as they retain their colour and more of their nutritional value, which tends to leach out when cooked. Munch on them raw, add them to salads, grate them into a sandwich or into a coleslaw.