



## CARROT BUTTER

- 1 cup chopped carrots
- 1 cup water
- 1 tbs. almond butter (creamy)
- 1 tsp. reduced sodium soy sauce

Bring carrots to boil in small saucepan, in water. Lower heat and let simmer until carrots are very tender. Drain, but reserve cooking liquid.

Place carrots, almond butter, soy sauce, and salt to taste in food processor or blender. Process until completely smooth. Mixture should be very firm, but if it is hard to blend, add a small amount of cooking liquid at a time until blendable. Serve warm or chilled.

Stored in covered container in the refrigerator, Carrot Butter will last for up to 1 week.

### VARIATIONS:

- Cinnamon-Sugar Toast Spread: add 1/4 tsp. of cinnamon and 1 tsp. granulated sugar to 1 tbs. of Carrot Butter. Spread on toast, biscuits or rolls.
- Orange Butter: Add 2 tsp. frozen orange juice concentrate and 1 tsp. of sweetener to 2 tbs. of Carrot Butter.
- Maple Butter: Add 1 tbs. of maple syrup and small pinch of nutmeg to 2 tbs. of Carrot Butter.