



CARROT BUTTER

INGREDIENTS

1 cup Carrots, chopped

1 cup Water

1 Tbsp Almond butter (creamy)

1 tsp Soy sauce, reduced sodium

PREPARATION

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 1tsp od 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.