

Sweet spiced carrot dip

You will be using a food processor today so ask Mrs Baille how it works

INGREDIENTS

3 large, or 6 small carrots

1 Tbsp olive oil (check that you have the correct spoon)

1 tsp ground cinnamon (check again to see if you have the correct spoon)

2 tsp of maple syrup (What is the difference between maple syrup and honey?)

Fresh parsley from our garden

METHOD

Wash the carrots, then cut them into 2 cm pieces. (you don't need to peel them)

Place in a small saucepan with just enough water to cover them. Place on stove, high heat and cook for 10 minutes (after the carrots have reached the boil you begin to start timing)

When the carrots are cooked, drain.

Place in food processor with remaining ingredients. Whizz until smooth.

Divide into serving bowls.

Garnish with fresh parsley. (you can pull the sprigs off the stalks)

Serve with crackers or vegetable sticks.