

Honeyed carrot & cream cheese dip



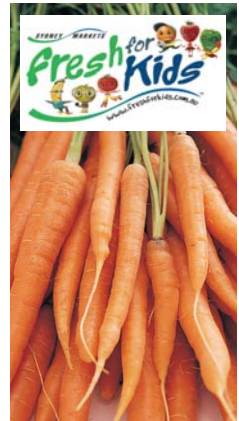
Honeyed carrot & cream cheese dip

Preparation: about 20 minutes + cooling time
Cooking: about 30 minutes
Makes: 1½ cups

Great for the school lunchbox or after school snack.

2 tbs olive oil
500g carrots, peeled and diced
1 garlic clove, finely chopped
2 tbs honey
½ cup 80%-less fat cream cheese
Salt and ground black pepper
Cucumber and celery sticks, crackers and/or grissini, to serve

1. Heat oil in a medium non-stick frying pan over medium heat. Add carrots and garlic and cook, stirring for 2 minutes. Stir in honey. Reduce heat, cover and cook, stirring occasionally, for 20-25 minutes or until carrots are glossy and tender. Set aside to cool.
2. Place cooled carrot mixture into a food processor. Process until roughly pureed (or desired consistency). Season with salt and pepper to taste and process until combined. Spoon carrot dip into a serving bowl. Serve with cucumber and celery sticks, crackers and/or grissini for dipping.



Carrots and health benefits to kids

- The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for vision in dim light.
- A good source of vitamin C, one of the anti-infection vitamins.
- Provide dietary fibre, whether raw or cooked. Fibre helps keep the intestine healthy.



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