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# Mashed Carrots

*Barb McSweeney*

*Nettles Island Cooking in Paradise - 2014*

**carrots, peeled and sliced**

**splash orange juice**

**2 to 3 tablespoons butter**

**3 tablespoons half-and-half or milk**

**1/2 teaspoon honey or sugar**

**salt (to taste)**

**pepper (to taste)**

In a saucepan, boil the carrots until tender.

Transfer the carrots to a large bowl.

Add the remaining ingredients to the bowl.

Mash with a potato masher or electric beater until smooth, but not for too long or you will have soup.

Yield: 4 to 6 servings

## **Side Dishes**

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*Per Serving (excluding unknown items): 1626 Calories; 184g Fat (99.5% calories from fat); 2g Protein; trace Carbohydrate; 0g Dietary Fiber; 497mg Cholesterol; 1873mg Sodium. Exchanges: 36 1/2 Fat.*