

Carrot Cake

Ingredients

- 2 cups flour
- $\frac{3}{4}$ cup granulated sugar
- $\frac{3}{4}$ cup brown sugar
- 2 tsp baking soda
- 2 tsp cinnamon
- $\frac{1}{2}$ tsp ground cloves
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup oil
- 3 eggs
- 2 tsp vanilla
- 2 cups carrots, shredded
- 1 cup raisins

Directions

Grease and flour a 9 x 13-inch baking pan. Set aside. Preheat your oven to 350 degrees.

Whisk together the flour, granulated sugar, brown sugar, baking soda, cinnamon, and ground cloves. Add in the milk, oil, eggs and vanilla. Stir in the carrots and raisins.

Pour into the baking pan and bake for 25 to 30 minutes, or until a toothpick comes out clean.

Carrot Creamsicle Ice Cream

Ingredients

- 2 cups carrots, chopped
- $\frac{3}{4}$ cup sugar
- $\frac{3}{4}$ cup water
- 1 cup orange juice
- 1 cup heavy whipping cream

Directions

Bring carrots, sugar, and water to a boil then bring to a simmer for about 10 minutes. Carrots should be tender. Let cool completely and puree until smooth. Stir in the orange juice. Set aside.

In a cold mixing bowl, use a hand mixer to whip the heavy cream until thick ribbons appear, about 3-5 minutes at medium high speed. Add in the carrot-orange mixture and whip for another 30 seconds. Freeze the mixture for one hour then with a submersion blender, blend until smooth every 30 minutes over the next two hours.

Caribbean Hot Sauce

Ingredients

- 3 Tbsp vegetable oil
- 1 small white onion, roughly chopped
- 3 cloves garlic, roughly chopped
- 1 cup carrots, roughly chopped
- $\frac{1}{4}$ cup white vinegar
- 1-2 habanero peppers, seeded
- 2 cups very ripe mango or pineapple, roughly chopped
- $\frac{1}{4}$ cup sugar
- 2 cups water

Directions

In a 2-quart pot heat the vegetable oil and sauté onion until translucent. Add garlic, sautéing for another 30 seconds. Add the carrots, vinegar, habanero peppers, mango or pineapple, sugar, and water. (The amount of peppers you use depends on how much heat you prefer.) Simmer the mixture for 20 minutes, taste.

Allow to cool. Pour the mixture into a food processor and process until the sauce is completely smooth.