



recipes

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Monster Mash Medley



Prep Time:
10 to 15 min



Cook Time:
35 to 45 min



Makes:
4 to 6 servings

Ingredients:

- 4 medium carrots peeled and cut into ½-inch rounds
- 2 medium sweet potatoes peeled and cut into ½-inch pieces
- Salt (optional)
- 2 tablespoons butter
- ½ cup unsweetened applesauce
- ⅓ cup unpacked light brown sugar
- ¼ teaspoon pumpkin pie spice or allspice
- ½ cup raisins (optional)

Eat your colors! Mix up a bowl of this nutrition-packed tasty mash and serve to your little monsters.

Directions:

Step 1: Turn Up The Heat

In a medium pot, cover carrots with salted water and carefully bring to a boil. Then add sweet potatoes. Once boiling again, reduce the heat to a rolling simmer and cook until carrots and sweet potatoes are tender.

Step 2: Let It Drip Dry

Drain water from the mixture.

Step 3: Melt and Mix

Right before carrots and sweet potatoes are removed to drain, melt the butter in a small pan over medium heat.



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Step 4: A Touch of Sweetness

Add brown sugar and applesauce to the melted butter and quickly stir to combine. Once the brown sugar has dissolved, pour the butter mixture into the serving bowl.

Step 5: Mix It Up

Add drained carrots and sweet potatoes to butter mixture. Add spice and salt to taste.

Step 6: Do the Monster Mash

Little Hands Tip: Have your child help you mash. You can talk about different cooking tools and how tools help make cooking easier.

Step 7: Finishing Touches

Little Hands Tip: Have your child add the raisins. You can ask him to count them out as he sprinkles them in.

Step 8: Serve and Savor

Mash with potato masher to preferred consistency. Stir in raisins. Let sit 2 minutes until raisins are plump. Serve.