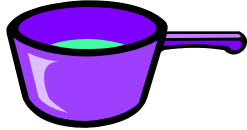
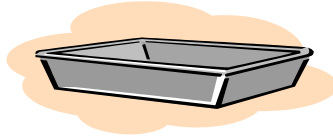


Carrot Fudge

You will need a



a



a



and

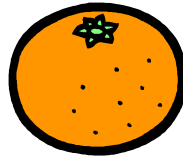


Ingredients:

4 tablespoons of
grated carrots



gelatine



orange essence and
grated rind of an orange

Method:

1. Place grated carrots in a pan with enough water to just cover the carrots – leave for 10 minutes.
2. Add orange essence or juice and the grated rind of an orange.
3. Melt gelatine, following the instructions on the packet.
4. Add the gelatine to the mixture and cook for a few minutes stirring all the time.
5. Spoon into a flat dish and cut into cubes when cold.