



PULPY GRAPE JUICE

3-4 servings

Ingredients

- 1 cup green grapes
- ½ cup light raisins
- 4 tsp. sugar
- 3-4 cups water

Step-by-Step Preparation

1. Wash the grapes and raisins and soak them in water overnight.
2. The next day, place them along with the sugar in a blender, add water, and blend until the mixture reaches a juicy, but pulpy texture.

HONEY-SWEET CARROTS

4-6 servings

Ingredients

- 1 12 oz. bag frozen carrots
- Water to cover
- 1 cup light raisins
- 1 cup dark raisins
- 2 Tbsp. cinnamon
- 2-3 Tbsp. honey

Step-by-Step Preparation

1. Bring the carrots and water to a boil, lower the heat and add the raisins.
2. Add the cinnamon and honey and stir well.
3. Cover the pot and simmer for 20 minutes.