

## Carrot Cashew Spread

### Ingredients

3 carrots, chopped

1 cup raw cashew pieces, divided

15 dried apricots, quartered (about 1/2 cup)

Rice crackers or Ryvita's

### Method

Put carrots into a small pot and cover by 2 inches with water. Bring to a boil, reduce heat to medium-low, cover and simmer until tender, about 10 minutes. Add 3/4 cup cashews and apricots, cover and continue to simmer until carrots are very soft, 5 to 7 minutes more; reserve 1/2 cup of the cooking water, and then drain well. Transfer carrot mixture and reserved water to a food processor and purée until smooth. Chill for at least one hour, and then spread onto crackers, garnish with remaining cashews and serve.

