

# Mashed Carrots



**Serving Size**  
6 (1/2 cup)



**Skill Level**  
Easy



**Diet Type**  
Dialysis

## Ingredients

- 4 cups baby carrots
- 2 tsp maple syrup
- 1/2 tsp black pepper
- 1/2 tsp vanilla extract
- Optional: 1 1/2 tbsp fresh rosemary

## Directions

1. Boil/Steam carrots until carrots are tender.
2. Lower heat and mash carrots with a potato masher / fork.
3. Mix in maple syrup, pepper, and vanilla extract.
4. Optional: garnish with chopped rosemary and serve.

## Nutrition Facts

Serving Size 6 (1/2 cup)

Amount per serving

**Calories 60**

<b>Sodium</b>	118 mg
<b>Potassium</b>	204 mg
<b>Phosphorus</b>	43 mg
<b>Carbohydrates</b>	7 g
<b>Protein</b>	1 g