



Mashed Carrots & Ginger

Add color and flavor to your table with this holiday-favorite side dish. Mashed carrots are spiced with ginger, honey, black pepper, and a touch of vanilla extract. A vibrant and velvety dish that couldn't be more simple—or delicious.

Serves 3 (1 serving = 1/3 of the recipe)



Ingredients

- 2 cups baby carrots
- 1/2 teaspoon fresh ginger, chopped
- 1/2 teaspoon honey
- 1/2 teaspoon black pepper
- 1/2 teaspoon vanilla extract
- Optional garnish: 1 tablespoon fresh chives, chopped

Nutrition Per Serving

Calories	30 cal	Carbohydrates	7 g
Total Fat	0 g	Protein	1 g
Saturated Fat	0 g	Phosphorus	21 mg
Trans Fat	0 g	Potassium	174 mg
Cholesterol	0 mg	Dietary Fiber	2 g
Sodium	55 mg	Calcium	25 mg

Directions

1. Boil or steam carrots on high heat until carrots are very tender. Lower heat to low and mash carrots with a potato masher.
2. Add remaining ingredients (ginger, honey, pepper, and vanilla extract) and stir until well-mixed.
3. Serves 3 (1 serving = 1/3 of the recipe).

Optional: Garnish with chopped chives and serve.

Tip: For smoother mashed carrots, use a food processor or blender.

Recipe provided by Fresenius Kidney Care.

