



# *Marithé's delicious recipes*

## **Carrot sweets**

**NO EGGS, WHEAT FLOUR, MILK, PEANUTS OR FLAVOURING**

### INGREDIENTS

- 1 kg carrots,
- grated zest of an untreated orange (2),
- juice of 1 untreated lemon (1),
- 1 kg crystallized sugar.

### INSTRUCTIONS

- Chop the raw peeled carrots and the zest very finely.
- Put it all in a saucepan with 2 small glasses of water.
- Cook for approximately 2 hours, stirring carefully from time to time.
- When the mixture is a good brown colour, remove it from the heat and leave it to cool.
- Make it into little balls and roll them in the sugar.
- Leave them to harden until the next day.

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