

Carrot Beverage – *Agua de zanahoria*

Ingredients (for one portion)

2 medium carrots; washed, ends trimmed
1 cup drinking water

Equipment needed: knife, vegetable peeler (optional), blender, cheesecloth, 2-cup serving glass

Optional: peel the carrots.

Slice carrots into chunks and place in a blender jar with the water; process until smooth. Fold cheesecloth a couple times to have at least four layers of cloth; place over the serving glass, pushing gently down to form a cup, then pour the blended carrots in. Grab the corners of the cheesecloth and bring together, twisting to close around the carrot pulp, and squeezing to extract as much liquid as possible. Reserve solids for another application (such as add to cake batter). Serve beverage immediately:

