



## CARROT FLOUR

*By Elizabeth Richards*

This recipe could also be made using other root vegetables such as parsnips, beets, sweet potatoes and more.

Use carrot flour in place of all-purpose flour for cakes, muffins and cookies, as a thickener for soups, stews and sauces, as a nutrient booster or as a natural food colorant.



**Yield:** 1/2 cup/2.5 oz/71 grams

## INGREDIENTS

- 1.5 lbs/680 g carrot peels, or whole carrots

## METHOD

1. Preheat oven to 200°F/93°C
2. If not using reserved carrot peels, slice whole carrots thinly using a peeler, mandoline or food processor attachment.
3. Arrange carrot peels or sliced carrots on a baking tray in a single layer
4. Bake until completely dehydrated, approximately 1.5 hours
5. Allow to cool completely and pulverize with a mortar and pestle, a spice grinder, a blender or a food processor.
6. Store in an airtight container.

## ZERO-WASTE TIP

Dehydration is an excellent method of food preservation that removes the moisture content of food items such as fruits and vegetables. This prevents the growth of microorganisms, allowing the dehydrated food item to become shelf stable when stored properly. This technique is used commonly to make fruit leathers, jerkeys.