

## **Fruit Punch**- Serves 4

2 cups raspberry puree

1 cup pineapple puree

½ cup carrot puree

2 cups cold water

¼ cup sugar

Ice, for serving

1. Combine raspberry, pineapple, and carrot puree. Add water and sugar in a blender or food processor and process until smooth. Serve over ice, if desired.

Raspberry Puree: Thaw, if frozen. Blend for about 2 minutes in a blender or food processor.

Pineapple Puree: Remove the stem and cut pineapple off the rind, deep enough to remove the prickly “eyes.” Quarter it lengthwise and cut into chunks. Blend for about 2 minutes in a blender or food processor.

Carrot Puree: Peel, trim the ends, and cut into 3-inch chunks. Steam carrots for about 10-12 minutes. Blend for about 2 minutes in a blender or food processor. Add water if needed for a smooth texture.