Carrot-Cashew Pâté

The Family Kitchen: This is definitely a recipe to please children. Kids love carrots, but they are not used to seeing them as a spread, so the transformation is exciting. They can spread this pâté on crackers, toast, bagels, vegetable sticks, chips, or fresh baguette slices.

**INGREDIENTS**
- 3 cups carrots, chopped
- 2 cups water
- 1 cup unsalted cashews
- 2 cloves garlic
- 1/2 tablespoon miso paste
- 1 teaspoon celery seed
- 1/2 teaspoon salt

**DIRECTIONS**

1. Cook carrots in a steamer using 2 cups water until they are very soft. Drain (reserving 1/2 cup of the cooking water) and set aside.

2. In food processor, chop garlic cloves and cashews. Add miso paste, carrots, and water (a little at a time) and spices. Puree until well blended and creamy. You may need to pulse this mixture in the processor and scrape several times in order to capture all the small carrots pieces that get missed. Or, just pay attention to them when serving—they can be a fun, sweet surprise)

*Makes 5 cups*