

STOVETOP TZIMMES



Ingredients

- ½ Pound Sweet Potato
(peeled and cut into chunks)
- ½ Pound Carrots
(peeled and cut into chunks)
- ¾ Cup Raisins
- 1 Cup Orange Juice
- 2 Tablespoons Honey
- 2 Tablespoons Brown Sugar
- 1 Teaspoon Cinnamon

Directions

1. Preheat oven to 350 degrees and spray an 8 x 8 pan with cooking spray.
2. Place sweet potatoes, carrots and raisins in the pan.
3. Whisk together the orange juice, honey, sugar and cinnamon and pour over the vegetables.
4. Cover the vegetables with aluminum foil and bake for 45-60 minutes.

Crediting

Provides a Grain/Bread and Fruit at Breakfast.

Toddler
¼ Cup

Preschool
½ Cup

School Age
1 Cup

Adult
1 Cup