



## Sunshine Carrots (Gwen Siegmann)

- ¾ cup orange juice
- ½ cup maple syrup
- ¼ cup orange marmalade
- 2 16oz cans carrots, drained
- 1 tablespoon dried mint leaves

Combine orange juice, syrup and marmalade in a saucepan. Bring to boil, stirring constantly. Reduce heat and add carrots and mint leaves. Heat through.

Source: Ship to Shore II, Caribbean Charter Yacht Recipes