

TZIMMES KUGEL

INGREDIENTS

- 2 Carrots (large) (coarsely diced)
- 1 Sweet potatoe **OR** yam (large) (coarsely diced)
- 1 Apple (baking) (large) (seeded) (cut in small chunks)
- 1 C Sugar substitute
- 1/2 C Applesauce
- 1/2 C Quinoa flour
- 1 C Prunes (pitted)
- 2 T Orange juice
- 1/2 t Salt
- 1/2 t Cinnamon
- Non-stick cooking spray



DIRECTIONS

- 1 Pre-heat oven to 375 F & spray a 9 x 13 rectangular pyrex dish with the non-stick cooking spray
- 2 Mix all ingredients & place in the dish
- 3 Bake for 45 - 60 minutes **OR** until browned & bubbly

NOTES

- 1 The original recipe called for 1/2 C sugar & 1/2 C brown sugar
- 2 You can substitute raisins for prunes or use 1/2 C of each
- 3 You can substitute sweet wine for orange juice

