



cara price

ROASTED CARROTS

INGREDIENTS

- 1-1/2 pounds carrots, peeled & chopped
- 2 tablespoons olive oil
- 2 teaspoons coconut sugar
- 1 teaspoon dried thyme
- 1/2 teaspoon each: salt & pepper
- 1/4 teaspoon each: cumin & turmeric
- optional: finishing salt

DIRECTIONS

preheat the oven to 425°.

mix olive oil & all seasonings & coconut sugar together in a small bowl.

toss the carrots with the seasonings & spread in a single layer onto a rimmed baking sheet.

bake carrots for about 15 minutes, stir & then continue cooking for another 20 minutes or so until they are beginning to brown. check one of the larger pieces to make sure they are cooked through.

remove from the oven, sprinkle with finishing salt.

enjoy immediately!