

Honey Glazed Roasted Carrots

4 SERVINGS 25 MINUTES



INGREDIENTS

- 10 Heirloom Carrots (cut in half lengthwise)
- 2 tbsps Orange Juice (freshly squeezed)
- 1 tbsp Orange Zest
- 1 tsp Ginger (minced)
- 1 tbsp Extra Virgin Olive Oil (melted)
- 2 tbsps Water
- 1 tbsp Raw Honey

NUTRITION

AMOUNT PER SERVING

Calories	113	Iron	1mg
Fat	4g	Vitamin D	0IU
Carbs	20g	Folate	32µg
Fiber	4g	Magnesium	20mg
Protein	2g	Zinc	0mg
Vitamin C	15mg		

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the carrots on the baking sheet.
- 02 In a small bowl, mix together the orange juice, orange zest, ginger and olive oil. Brush this mixture on the carrots and place in the oven to cook for 20 to 25 minutes.
- 03 Remove the carrots from the oven and drizzle with honey. Serve and enjoy!

NOTES

RECIPE ID 120

LEFTOVERS

Refrigerate in an airtight container for up to three days.

COOK TIME

Depending on the thickness of your carrots, you can either slice in half or quarter them if they are large. The cook time will vary depending on how thick your carrots are.