

Honey Orange Roasted Carrots

4 SERVINGS 30 MINUTES



INGREDIENTS

- 6 Carrot (large, peeled)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Ground Ginger (optional)
- 1/4 tsp Sea Salt
- 1 1/2 tbsps Raw Honey
- 2 tbsps Orange Juice (freshly squeezed for flavor)

NUTRITION

AMOUNT PER SERVING

Calories	94	Iron	0mg
Fat	4g	Vitamin D	0IU
Carbs	16g	Folate	20µg
Fiber	3g	Magnesium	12mg
Protein	1g	Zinc	0mg
Vitamin C	9mg		

DIRECTIONS

- 01 Preheat oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 02 Cut the peeled carrots into coins so all carrots are roughly the same size. Transfer the carrots to the prepared baking sheet. Drizzle with the oil and sprinkle with ground ginger and salt. Toss until carrots are evenly coated. Bake for about 20 minutes or until tender, flipping about halfway through.
- 03 Remove from the oven and drizzle with honey. Return to the oven and bake for another 5 minutes.
- 04 Remove the carrots from the oven and serve immediately with orange juice drizzled over top. Enjoy!

NOTES

RECIPE ID 122

LEFTOVERS

Carrots can keep in the fridge for up to 4 days.

NO ORANGE

Use another citrus fruit like lemon or lime.