

Cumin Roasted Carrots



25 min.



4 servings



PER SERVING
124 CAL
FAT: 5.8g
CARB: 18g
PROTEIN: 2g

INGREDIENTS

- 10 large Carrots
- 1 ½ tbsp Coconut Oil
- Juice of ½ a Lemon
- 1 dash Pepper
- 1 dash Salt
- ½ tsp Cinnamon
- ½ tbsp Cumin

DIRECTIONS

1. Preheat oven to 400°F
2. Wash and peel the carrots, then cut them lengthwise into thin strips about ¼ inch wide. Toss into a large bowl.
3. With a fork, mix the cumin, cinnamon, salt and pepper into a small microwave bowl. Add the coconut oil and microwave until melted, about 15-20 seconds.
4. Pour the seasoned coconut oil over the carrots and toss with two wooden spoons until the carrots are evenly coated.
5. Spread the carrots in a single layer on a baking sheet and roast for 15-20 minutes, until tender and slightly browned. Remove from the oven and squeeze the fresh lemon juice over the top.



EAT THIS MUCH