



Roasted Local Carrots

Ingredients:

1 pound baby carrots
½ teaspoon salt (I love Farmer Freed's Vanilla Bean Salt)
cracked fresh pepper to taste
½- 1 teaspoon Ras El Hanout **
¾ teaspoon fresh ginger, grated
2 tablespoons maple syrup
2 tablespoons honey

Directions:

If using farm fresh carrots, wash and trim them. If using bagged baby carrots, rinse and pat dry.

Line cookie sheet with foil.

In a large bowl, toss carrots with seasonings, maple syrup and honey.

Place carrots in single layer on lined cookie sheet and roast at 375 F for 15 mins. Toss with tongs and roast another 15 minutes or until they yield to fork poke.

Place on a brightly colored plate and enjoy nature's candy.