

Glazed Carrots

Glazed carrots make for a delicious side dish year round. While typical glazed carrots are made on the stovetop, roasting them brings out even more flavor! They are a particularly great alternative to yams or sweet potatoes at a Thanksgiving meal. These are a great lower carb option to serve at your next holiday meal.

Ingredients:

- 2 lbs carrots, peeled
- 1 Tbsp Maple Syrup
- 2 Tbsp butter, melted; or avocado oil
- ½ tsp salt
- Optional: ½ tsp cinnamon



Directions:

1. Preheat oven to 425 degrees F
2. Cut carrots diagonally into 2 inch pieces
3. Toss carrots in a bowl with the sugar, butter/oil, salt, and cinnamon
4. Pour out on baking sheet and roast for 15 minutes, stir them and roast an additional 10 minutes until soft and the edges have caramelized.
5. Serve warm. Enjoy!

Nutrition Facts: Makes 6 Servings

Nutrition per serving: 105 Calories, 4 g Fat, 17 g Carbs, 4 g Fiber, 9 grams sugar, 1 gram protein