

RECIPE OF THE WEEK: PALEO EDITION

Gingered Carrots

Ingredients:

- 1 lb carrots (cut into thin sticks or round slices)
- 5 teaspoons coconut oil
- 1 teaspoon honey
- 2 Tablespoons fresh ginger root (peeled and thinly grated (about 2 inches))
- 1 ½ teaspoons ground cumin
- 1 teaspoon basil (chopped)
- 3 cloves garlic
- 1 pinch sea salt

Instructions:

1. Preheat oven to 375 F
2. Peel carrots and cut them in long thin sticks or slice them into circles.
3. In a bowl, mix the coconut oil, garlic cloves ginger root, cumin, honey and sea salt. Coat the carrots with this sauce.
4. Spread the carrots in an oven dish or baking sheet, and place them in the oven for about 30 mins or more, depending on their size. I like when they stay a little firm and crunchy, but it is a matter of taste.
5. Sprinkle the basil on the carrots. Serve.

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