



Maple Hazelnut Carrots

2 servings
30 minutes

Ingredients

2 tsps Extra Virgin Olive Oil
1 Garlic (clove, small, minced)
1/4 tsp Sea Salt
1 tsp Maple Syrup
4 Carrot (large, chopped)
1/3 cup Hazelnuts

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a small bowl, mix the oil, garlic, salt, and maple syrup together. Toss with the carrots. Spread the carrots out on the baking sheet and bake for 25 minutes or until soft and browned.
- 3 In the final two minutes of cooking, add the hazelnuts to a baking sheet and toast. Remove, coarsely chop, and serve over the carrots. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately one cup.

More Flavor: Add Dijon mustard to the glaze.

Additional Toppings: Chopped cilantro, dill and/or parsley.