



INSTITUTE FOR PEAK HEALTH

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Roasted Carrots with Cumin and Coriander

Recipe by Alex Guarnaschelli,

Ingredients:

- 12 medium carrots, washed
- 1 tbsp avocado oil
- 2 tbsp honey or maple syrup
- 2 tsp coriander seeds, lightly crushed
- 1 tsp cumin seeds
- ½ tsp pepper
- 1 tsp sea salt
- 2 tbsp ghee
- 2 tbsp red wine vinegar

Instructions:

1. Preheat oven to 375°F and line a baking sheet with parchment paper or foil.
2. In a large bowl, toss carrots with the oil, honey, pepper, cumin seeds, coriander, and 1 tsp salt.
3. Arrange carrots in a single layer on the prepared baking sheet. Roast in the oven until the carrots are tender when pierced with a knife, about 20-25 minutes. Remove from oven.
4. Drizzle vinegar over the carrots and season to taste. Serve immediately.