Maple Roasted Carrots

Ingredients:
- 1 Pound of Carrots, cut
- 2 Tbsp of Maple Syrup
- Salt & Pepper, optional

Directions:
1. Wash and peel carrots
2. Chop carrots into bite sized pieces
3. Preheat oven to 400 degrees
4. Toss carrots with maple syrup
5. Bake for 25 minutes or until soft

Enjoy!

Who knew?
Carrots are an excellent source of Vitamin A. They also range in color from orange to purple to white!

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