

Roasted Carrots & Sweet Potatoes

Ingredients

1 tablespoon coconut oil
4 medium carrots, chopped
2 medium sweet potatoes, chopped
1 teaspoon ground cumin
1 teaspoon smoked paprika
¼ teaspoon cinnamon
¼ teaspoon chili powder
Sea salt to taste
Fresh herbs for garnish (optional)

This recipe is easy to adapt for a variety of preferences and depending on the ingredients you have on hand. There's a balance of sweetness from the cinnamon with the spiciness of the chili powder and depending on your tastes, you can always add more chili powder or leave it out entirely.

Instructions

Preheat oven to 400 degrees.
Toss carrots and sweet potatoes with the coconut oil and spices.
Lay flat on a sheet pan.
Roast for 15 - 20 minutes, or until vegetables are tender. Add salt to taste, garnish with fresh herbs (if using) and serve warm.

