ROASTED CARROTS

**Ingredients:**

* 1 lb. carrots, peeled and cut
* 1 TBSP avocado oil
* 3 cloves of garlic minced or 1 tsp garlic powder
* 1/2 tsp sea salt & fresh ground pepper
* 1/2 tsp dried thyme

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**Directions:**

1. Preheat oven to 375. Lightly grease baking sheet
2. Place carrots on baking sheet and coat with the avocado oil. Sprinkle on spices and salt and pepper. Toss to coat.
3. Bake until tender, about 35-40 minutes.