

# Healthy Honey Roasted Carrots

## Ingredients

1½ pounds carrots, peeled and cut all the same size, (I used Earth Exotics)  
2 Tablespoons olive oil  
3 Tablespoons honey  
1 Tablespoon brown sugar  
freshly-ground salt and peppe

## Directions

Preheat oven to 425 degrees.

In a bowl, combine the honey and brown sugar. Microwave for about 15 seconds. Just enough to melt the honey.

Coat the carrots with the olive oil, salt and pepper. Add in the honey mixture until evenly coated

Spread in an even layer on the baking sheet. Roast for 15 minutes. Remove tray and keep the oven door closed to retain heat. Using tongs, turn the carrots over and return to the oven for another 30 minutes or until they start to carmalize.

Source : [allrecipes.com](http://allrecipes.com)