



APRICOT HONEY ROASTED CARROTS



SERVES: PREP TIME: COOK TIME:
 4-6 | 15M | 1H

DAIRY FREE GLUTEN FREE VEGETARIAN

INGREDIENTS:

¼ Cup **Crofter's Organic Premium Apricot Fruit Spread**

10-12 Large Carrots
(Washed & Peeled)

½ Cup Water

2-3 Tbsp Melted Butter

1 Tbsp Honey

½ Tsp Ground Cumin

½ Tsp Ground Ginger

Salt & Pepper (To Taste)

2 Tbsp Olive Oil

Fennel Seeds (Optional)

DIRECTIONS:

1. Preheat the oven to 400°F. Next, wash and peel the carrots. Set aside in a medium sized baking dish.
2. In a small bowl, combine the **Crofter's Organic Premium Apricot Fruit Spread**, water, butter, honey, cumin, and ginger. Stir together and give it a taste, season with salt and pepper to your liking. Set apricot sauce aside.
3. Drizzle the carrots with olive oil and then slowly pour the apricot sauce on top to cover the carrots. Give them a quick stir, cover the dish with tin foil and place them in the oven to roast.
4. Roast for about 30 minutes with the tin foil on. Next, give the carrots a stir and roast for an additional 30 minutes with the tin foil off.
5. Remove the carrots from the oven and allow to cool slightly. Finish them off with a light drizzle of honey and a sprinkle of fennel seeds. Enjoy!