

Citrus Roasted Rainbow Carrots + Brussel Sprouts

| Ingredient List: | Method: |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>20 (one small package) of carrots</p> <p>10-15 Brussel sprouts stems cut of and cleaned</p> <p>2 tbsp olive oil</p> <p>2 tbsp soy sauce</p> <p>2 tbsp honey</p> <p>1 lemon (juice)</p> <p>1/2 grapefruit (juice)</p> <p>Sea salt</p> | <p>Heat oven to 425</p> <p>Line a baking sheet with foil and spray with non stick spray</p> <p>Mix oil, soy sauce, honey, lemon and grapefruit juice together</p> <p>Spread the carrots and Brussel sprouts over the baking sheet</p> <p>Pour glaze over veggies</p> <p>Bake for 7 minutes, using tongs rotate veggies and bake for additional 7-10 minutes until soft</p> <p>Enjoy!</p> |