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Carrot “Fries”

- 1 lb carrots; sliced
- 2 T. coconut oil
- 1 t. lemon juice
- salt/pepper to taste
- ¼ t. cinnamon
- ¼ t. nutmeg
- 1 t. garlic, minced



Melt coconut oil, then stir in all ingredients except carrots and mix well. Stir carrots into oil/spice mixture until evenly coated.

Spread into thin layer on baking sheet.

Bake at 375° for 35-45 minutes (depends on how thin you slice the carrots), stirring carrots every 10 minutes.

Broil the carrots for 8-10 minutes to give them a ‘toasted’ look.

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