

# Sweet Cinnamon Roasted Baby Carrots

## Ingredients

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1 lb Baby Carrots  
3 T Maple Syrup  
1 T Olive Oil  
1 t Ground Cinnamon  
1/8 t Ground Nutmeg  
0 pn Salt

## Instructions

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- 1.Preheat the oven to 400Â° F.
- 2.Combine all the ingredients in a mixing bowl and stir together. Arrange on a nonstick or foil-lined baking sheet.
- 3.Bake, stirring gently every few minutes, until the carrots are tender and lightly browned, 20 to 30 minutes (depending on their thickness) and serve.