

Lemony Carrots



5 Ingredients, 8 Servings, 10 Minutes Total Time

- 1/4 cup parsley (fresh, finely chopped)
- 1/4 teaspoon lemon juice (fresh or squeezed)
- 8 carrots (medium, organic)
- 2 tablespoons ghee (or organic butter)
- 1 drop stevia (pure inulin free) (liquid concentrate)

Instructions

- Wash carrots and trim the ends.
- Cut each carrot lengthwise and then cut diagonally at about 1/2 inch intervals.
- Place carrots in pan and cover with filtered water.
- Cover pan and cook to desired tenderness.
- Drain carrots and set aside.
- Place ghee or organic butter in empty carrot pan and melt on low heat.
- Add the grated orange peel and stevia to taste.
- Place the carrots back in the pan and toss in the orange butter.
- Turn off the heat, add the parsley and lemon juice, toss again and serve immediately.

Nutritional Information (per serving)

Calories	43
Total Fat	2g
Saturated Fat	1g
Cholesterol	4mg
Sodium	44mg
Total Carbohydrate	6g
Dietary Fibre	2g

Sugars	3g
Protein	1g
Calcium	24mg
Iron	--
Magnesium	8mg
Phosphorus	24mg
Potassium	208mg
Vitamin C	6mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	--