

BAKED NUTTY CARROTS

Serves 2-3

INGREDIENTS

- 4 large carrots, cut into “fries”
- ½ cup hemp seeds
- ½ cup crushed walnuts or pepitas
- 3 Tbls. Nutritional yeast
- 1 Tbls. Dried basil
- 1 tsp. garlic powder
- ½ tsp. sea salt
- ½ cup oat or almond flour
- 2 eggs, whisked



INSTRUCTIONS

1. Preheat oven to 350 degrees F. Line a baking tray with parchment paper.
2. Whisk together hemp seeds, crushed walnuts or pepitas, nutritional yeast, dried basil, garlic powder & sea salt. Put mixture in a shallow dish, put whisked egg in a separate shallow dish and oat or almond flour in a 3rd shallow dish.
3. One carrot at a time, coat in egg, then flour, then egg, then crumb mixture. Lay on baking tray until all or coated. Bake for 20 minutes, flip and bake another 10-15 minutes. Option to bake longer if you want them softer on the inside.

Notes

- Make a yummy curry dip for these carrots out of plain Greek yogurt & curry powder!

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