

Baked Carrot Fries (Paleo & Vegan)

Ingredients

- 1 pound carrots (about 10-12 medium carrots)
- 1½ tbsp olive oil ([get real olive oil here](#))
- 1 tsp [sea salt](#)
- ½ tsp pepper
- ½ tsp [garlic powder](#)
- ½ tsp thyme

Instructions

1. Turn the oven to 400°. Start by washing the carrots and peeling them (peeling is optional. I use organic carrots and don't peel them and they turn out fine). Cut the carrots into even sticks that are roughly 4 inches long and about ½ inch thick.
2. Put the cut carrots into a bowl and drizzle with olive oil ([get real olive oil here](#)). Sprinkle the [sea salt](#), [garlic powder](#), herbs and spices on top. Stir the carrots to evenly coat with the oil and spices.
3. Place the carrots on a cookie sheet lined with parchment paper. Make sure the carrots are evenly spread and not stacked on top of each other.
4. Put the carrots in the oven and bake for about 25-35 minutes, checking halfway through to move the carrots around or flip them on the sheet to get even cooking.
5. Once you can pierce the carrots easily with a fork and there is a slight browning/crisping on the edges, they are done. Remove them from the oven and allow to cool for a few minutes.

Recipe by Healy Eats Real at <http://healyeatsreal.com/baked-carrot-fries-paleo-vegan/>