

# Coconut and Ginger Glazed Carrots

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Servings: Yields 3  
Serving Size: 95 g  
Protein per serving: 1.8 g  
Calories per serving: 191

## Ingredients:

- 220 g Sliced Carrots
- 1 TBSP Butter, regular or unsalted
- 2 tsp Minced Ginger Root
- 2 tsp Sugar, Brown, packed
- 1 c Coconut Milk, canned
- 1/4 c Vegetable Broth
- 1 tsp Coconut Aminos
- 1 1/2 tsp Rice Vinegar

## Instructions:

1. In a large skillet over medium heat, melt the butter. Add the sliced carrots and sauté for 5 minutes. Add the ginger and sauté another minute. Next, add the brown sugar and cook, stirring constantly, until the brown sugar has melted.
2. Add the coconut milk, vegetable broth, and coconut aminos. Continue to cook over medium heat until the carrots are fork tender. Some of the liquid will evaporate, leaving a nice, sweet glaze over the carrots. Add the rice vinegar and stir for about 1 minute. Serve hot.

Notes: If you are not a fan of ginger, you can reduce it to one teaspoon, or omit.