

AIR-FRIED CARROTS WITH HONEY *(from the Bewitching Kitchen)*

2 to 3 cups of carrots, cut in 1/2 inch pieces
1 tablespoon olive oil
1 tablespoon honey
tiny drizzle of soy sauce
salt and pepper to taste

Set air-fryer to 390 F.

Place the cut carrots in a bowl, add olive oil, honey and soy, toss gently to coat, trying to cover all surfaces with a bit of oil. Season carrots with salt and ground black pepper. Place in the basket of your air-fryer and cook for about 12 minutes, shaking the pan every once in a while. Serve right away.

If you don't have an air-fryer, roast in the oven at 420F until done.