

Honey Ginger Carrots

1 lb..... Carrots
4 Tbs Butter
½ tsp..... Powdered Ginger
4 Tbs Honey
¼ c..... Sliced Almonds
to taste..... Kosher Salt.



1. Peel and cut carrots into ½ moons.
2. Steam carrots keeping them firm.
3. Drain and add remaining ingredients.

I love carrots and will eat them any way I can get them. You can replace the butter with olive oil to make them healthier but this recipe is so good for you with just being carrots and adding the ginger and honey and almonds so a little indulgence is a good thing.

Carrots are one of my very favorite veggies. They are also very healthy. They are full of vitamins and fiber. Beta-carotene is an antioxidant and it is also converted into vitamin A, which is good for the eyes. The fiber in carrots work like little brushes that help keep the system clean. Adding fat to the carrots helps with the digestion and gets the most out of them.

The ginger in the carrots is one of those things that are great for the body too. There have been studies proving that ginger can help with an upset tummy including from the results of motion sickness, migraines, arthritis and blood clots. Though honey is a dreaded carb there are studies that show it helps with bacterial infections so I wouldn't over look it. And yes the almonds are a good thing too. It is said that eating a hand full a day will help with arthritis.

Be creative, have fun and enjoy!