Sweet Ginger Carrots
Serves 6-8

Ingredients:
1 # baby carrots
¾ cup 100% apple juice or apple cider
1 Tablespoon butter
1 Tablespoon honey
1 teaspoon grated fresh ginger or ¼ teaspoon ground ginger
¼ teaspoon cinnamon or allspice or nutmeg
Pinch salt
1 tablespoon chopped fresh dill (garnish)

Directions:
1. Place all ingredients, except dill, into a medium sauce pot. Cover. Bring to a boil then reduce heat and simmer 3 minutes. Remove lid and simmer until the liquid is reduced to a syrup, and carrots are soft, about 5-7 minutes. Sprinkle with dill and serve.

Nutritional Information per ½ cup serving:
Calories: 68  Carbohydrates: 11g
Total Fat: 3g  Cholesterol: 10mg
Saturated Fat: .5g  Dietary Fiber: 3g
Sodium: 50mg  Protein: 2g