

# THREE SEASONS AYURVEDA



## Cumin Carrots



### Equipment

Peeler  
Knife  
Baking pan

### Ingredients

1# carrots  
Cumin  
Oil

<u>Cumin Carrots 3oz.</u>	
Energy	25g
Protein	1g
Carbohydrates	4.71g
Fiber	1.7g
Sugar	1.18

### Directions

Remove the root end and peel carrots,  
Cut into even pieces on the basis,  
Toss in oil and then sprinkle with salt, pepper and cumin,  
Place on covered sheet pan and roast in oven at 375 degrees for 30 minutes,  
Check for doneness, remove from oven, set aside and cool



Jeff Perlman is a Clinical Ayurvedic and Panchakarma Specialist, Massage and Marma Therapist and AHG Registered Herbalist, a Certified Iyengar Yoga instructor, Certified IAYT and AyurYoga Therapist and Cordon Bleu Chef ~ [www.threesesonsayurveda.com](http://www.threesesonsayurveda.com) ~ 310-339-8639 ~ [jeff@tsayurveda.com](mailto:jeff@tsayurveda.com)