

# **CARROT HOTBREAD**

**Preparation time: 30 minutes**

**Servings: 8**

## **Ingredients:**

- 8 peeled medium carrots
- 2 tablespoons olive oil
- 2 tablespoons soy sauce
- ½ teaspoon Asafoetida
- 1 teaspoon maple syrup
- 1/2 teaspoon smoked paprika
- 8 buns
- Ketchup for serving
- Mustard for serving



## **Directions:**

1. Add the carrots to a small roasting pan and toss with olive oil.
2. In a small bowl, whisk together the soy sauce and maple syrup, Asafoetida and paprika.
3. Pour the mixture over the carrots and cover the pan with foil. Let it sit for 30 minutes.
4. Preheat oven to 425°. Place the foil-covered baking dish in the oven and roast it for 30 minutes.
5. Remove the foil and roast for another 20 minutes until the carrots are just tender enough to stab with a fork.
6. Place carrots in the buns and squirt ketchup and mustard over the carrots.
7. Offer to Krishna with love and devotion!