



Maple Vanilla Carrots

2 lbs carrots
4 vanilla beans
4 Tbsp maple syrup

Dice carrots into ½” thick coins. Boil carrots in large saucepan.

Slice vanilla beans in half lengthwise. Scrap the seeds and remaining parts of the beans into the pot with carrots. Boil until carrots are soft. Toss with maple syrup and add salt and pepper to taste.

Personal Family Favourite

Submitted By: Dawn Stewart, OWP Participant 2011