



Roasted Root Vegetables

Choose a mix of your favorite vegetables to get 8 cups chopped:

- Beets
- Butternut squash
- Carrots
- Daikon radish
- Fennel
- Parsnips
- Sweet potatoes
- Zucchini

- 2 – 3 Tab. coconut oil (or ghee or butter)
- 1 tsp. unrefined sea salt
- ½ tsp. freshly ground black pepper
 - Optional spice mix instead of salt & pepper
 - 1 tsp. ground cinnamon
 - 1 ½ tsp. ground cumin
 - 1 tsp. chili powder
 - ½ tsp. turmeric powder

Pre-heat oven to 400°. Heat coconut oil in jell-roll pan while chopping vegetables. Mix melted oil with vegetables and seasoning. Bake for 30 – 45 minutes, until vegetables are easily pierced with a fork.