



Ashley's Meal Prep Monday!



Air Fryer Baby Carrots

INGREDIENTS

1 bag of baby carrots
1 TBSP olive oil
1/2 TSP garlic powder
1/2 TSP salt
1/2 TSP pepper
chopped parsley as
garnish

Pre heat air fryer to 380 and lightly spray basket - unless using parchment paper.

Pat baby carrots dry with a paper towel.

Toss carrots in a mixing bowl with oil, garlic powder, salt/pepper.

Add to preheated air fryer for 12-15 minutes, shaking the basket halfway through cooking. Add parsley to serve



Recipe: www.healthfulblonde.com

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