

Cinnamon Carrots & Zucchini

2 SERVINGS 25 MINUTES



INGREDIENTS

- 4 cups Water
- 4 Carrot (chopped)
- 2 Zucchini (chopped)
- 1 tbsp Coconut Oil (melted)
- 1 tsp Cinnamon
- 1/4 cup Pomegranate Seeds
- 1/4 cup Sunflower Seeds
- 1/4 cup Pumpkin Seeds

DIRECTIONS

- 01 Add the water to a medium saucepan and bring to a boil. Add the chopped carrots and cook for about 7 minutes. Add the zucchini and cook for an additional 5 minutes or until the vegetables are cooked through.
- 02 Drain the water and remove the zucchini and carrots. Add the coconut oil and cinnamon and mix together.
- 03 Divide the zucchini and carrots between plates. Top with the pomegranate seeds, sunflower seeds and pumpkin seeds. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	330	Carbs	28g
Fat	22g	Protein	10g