

Antioxidant-rich roasted veggies

Ingredients:

1 beetroot
5 small carrots
1 small sweet potato
1-2 tbsp extra virgin olive oil
1 tbsp dried mixed herbs

Instructions:

Preheat oven to 200°.

Wash all veggies and leave the skin on, chop the beetroot and sweet potato into small chunks, and split the carrots down the middle (or chop into small chunks, whatever you prefer).

Place on a baking tray and drizzle with olive oil and sprinkle the mixed herbs over.

Place into the oven and cook for approximately 20-25 minutes, turning veggies occasionally while cooking.

Veggies can be enjoyed hot or cold.

Yield: 2 servings