

# SMOKY CARROT DOGS



## WHAT YOU NEED

8 carrots, peeled

4 buns

A pot of boiling water large enough to fit the carrots in whole.

I use a skillet and fill it with water

### For the marinade:

1/4 cup coconut aminos

1 tablespoon apple cider vinegar

1 tablespoon maple syrup

1 teaspoon smoked paprika

1/2 teaspoon garlic powder

Black pepper to taste

A pinch of sea salt

## ALL YOU DO IS...

Simmer the carrots for 8 to 10 minutes until fork tender but not falling apart. Drain and cool slightly.

Whisk together the coconut aminos, apple cider vinegar, maple syrup, smoked paprika, garlic powder, black pepper, and sea salt.

Add the carrots and marinate for at least 1 hour or overnight for more flavor.

Heat a cast iron pan or grill over medium-high heat with a drizzle of olive oil.

Cook the carrots until blistered and lightly charred, turning often. Spoon on extra marinade while cooking if desired.

Place 1 to 2 carrots into toasted buns depending on size and add your favorite toppings

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Notes