

Maple Roasted Vegetables



Serves	4
Prep time	10 minutes
Cook time	40 minutes
Total time	50 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical
Meal type	Side Dish
Misc	Child Friendly , Serve Hot

Ingredients

- 500g root vegetables (swede, parsnip, carrot)
- 1 tablespoon pure maple syrup
- 1/2 teaspoon rice bran oil
- 1/4 teaspoon sea salt

Directions

1. Preheat the oven to 180°C.
2. Chop the vegetables into pieces that are about 2cm thick. Carrots and parsnips can be cut on an angle, swedes can be cut in half or quartered then sliced.
3. Combine the maple syrup, oil and salt in a medium sized bowl, then add the vegetables and toss through until well coated.
4. Place the vegetables on a baking tray in a single layer and bake for 35 - 40 minutes until tender and lightly caramelised.



Note

Low Chemical / Moderate Salicylates

Swede are low chemical, carrots and parsnips contain moderate salicylates.