



Air-Fryer Sweet & Spicy Carrots



1/2 of recipe (about 1 cup): 118 calories, 7g total fat (1g sat. fat), 392mg sodium, 13.5g carbs, 4g fiber, 6g sugars, 1.5g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

- 1 tbsp. olive oil
- 1 packet natural no-calorie sweetener
- 1 tsp. chili powder
- 1/4 tsp. cayenne pepper
- 1/4 tsp. salt
- 2 cups (about 12 oz.) baby carrots, halved lengthwise

Directions

In a large bowl, combine all ingredients except carrots. Mix well. Add halved carrots, and toss to coat.

Spray an air fryer with non-aerosol nonstick spray. (Or [use a liner like this one.](#))

Place carrots in the air fryer. Set air fryer to 380°F (or the nearest degree). Cook until tender on the inside and lightly browned and crispy on the outside, about 12 minutes, flipping halfway through if needed.

MAKES 2 SERVINGS

Oven Alternative: Bake at 400°F for 25–27 minutes, until tender on the inside and lightly browned and crispy on the outside.

HG Tip: Mix up a quick & cooling dip to go with your spicy carrots! Stir some chopped fresh cilantro and seasonings into plain Greek yogurt while the carrots cook.

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