

## Carrot Dogs n' Blankets

Serves 16\*

### Ingredients:

- 16 baby carrots
- ¼ cup soy sauce low sodium
- ¼ cup apple cider vinegar
- ¼ cup vegetable broth
- 2 tablespoons maple syrup
- 1 ½ teaspoon liquid smoke
- 1 teaspoon yellow mustard
- 1 teaspoon minced garlic
- 1 teaspoon BBQ seasoning
- ½ teaspoon onion powder
- 1 package crescent roll dough, each crescent sliced in half.

### Instructions:

Put baby carrots into pot of boiling water and cook until fork tender, about 10-15 minutes.

Drain carrots, rinse with cold water, and drain again. Place drained carrots into plastic freezer bag.

Whisk all marinade ingredients together in a bowl and pour into the bag with the carrots. Marinate 4-6 hours in the refrigerator.

Cook marinated carrots in a skillet or grill over medium high heat, basting occasionally with the marinade. Heat all the way through and turn to get grill marks on each side.

Wrap one carrot in half of a crescent roll and bake according to package directions.

Kcal: 76

Protein: 2 g

\* Nutritional information is per serving as calculated using Nutritionist Pro. All values are approximate based on availability of information at time of analysis.

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