Yummy Carrot 'Bacon'

prep 5 mins

cook 15 mins

inactive 30 mins

total 50 mins

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yield 2 servings

Salty and sweetly smoky, this delicious, easy-to-make vegan bacon substitute is made from carrots and just five other store cupboard ingredients.

Ingredients

- 1 large carrot
- 1 tbsp tahini
- 1 tbsp light oil (e.g. rapeseed/canola)
- 1 tbsp maple syrup
- 1.5 tsp soy sauce, tamari, or coconut aminos
- 1 tsp liquid smoke

Instructions

1. Peel and top & tail the carrot, then slice very thinly.

2. Blitz the rest of the ingredients together for 20 seconds or so, until you have a thick marinade.

3. Place the carrot and marinade into a dish, mix together so that all of the carrot slices are coated, and set to one side for 30 minutes.

4. Heat your oven to 200°C/400°F

5. Place the carrot strips side-by-side on cookie sheet (line it with parchment or a silicone mat if it's not non-stick), spread a little of the remaining marinade evenly over the strips, and then bake for 15-20 minutes, depending on how crispy you want your 'bacon' to be. *(see note)*

6. Remove from the oven, and enjoy your delicious animal-free bacony treat!

Nutrition Facts

Serving Size ½ of the recipe

Amount Per Serving

Calories 149

	% Daily Value
Total Fat 11 g	17%
Saturated Fat 1 g	5%
Sodium 104 mg	4%
Total Carbohydrates 13 g	4%
Dietary Fiber 2 g	8%
Sugars 8 g	
Protein 2 g	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.