



Mini Carrot Dogs in a Blanket

Ingredients: Carrot Dogs in a Blanket

<ul style="list-style-type: none"> • 2 cans crescent rolls • 1 16 oz bag baby carrots you may want to pick up an additional bag just in case • 1 tbsp maple syrup • 3 tbsp apple cider vinegar • 1/3 cup soy sauce • 1/3 cup vegetable stock 	<ul style="list-style-type: none"> • 1 tsp garlic powder • 1/2 tsp onion powder • 1/2 tsp black pepper • 1/4 tsp paprika • 1/2 tsp vegan Worcestershire sauce optional • dash of liquid smoke optional
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Maple Mustard Dipping Sauce

1/3 cup Dijon mustard or your favorite mustard
 2 tbsp maple syrup
 1/2 tsp garlic powder
 pepper to taste

Directions:

- Boil the baby carrots for about 12 minutes until just barely tender. Remove and drain.
- Place carrots and other ingredients in quart sealable bag and shake to mix and coat the carrots well.
- Place bag in refrigerator for at least **10 hours** to marinate.
- Roast carrots at 375 on cookie sheet for about 15 minutes until golden brown.
- Roll roasted carrots in the crescent roll pastry (cut to size).
- Bake for 12 minutes until pastry is golden brown.
- Mix up Dipping Sauce while baking dogs!

Serve with Dipping Sauce and Enjoy

Traditions ~ A Longevity Zone Project
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