

Maple Glazed Brussels Sprouts

- 1 lb of fresh Brussels sprouts
- 2 T coconut oil(measure after melting)
- 2-3 T maple syrup (Can also be done with honey or brown sugar)
- 1 t sea salt

1. Preheat oven to 350.
2. Wash Brussels sprouts, remove the ends and cut in half.
3. Place the Brussels sprouts in a large bowl.
4. In a small bowl, whisk the oil, salt and maple syrup.
5. Pour over the Brussels sprouts and mix well.
6. Place the Brussels sprouts on a lined baking sheet.
7. Bake for 30 minutes, flipping halfway through