



Brussels Sprouts, Bacon & Brazil Nuts

4 servings

45 minutes

Ingredients

6 cups Brussels Sprouts (trimmed)
2 tbsps Avocado Oil
6 slices Organic Bacon (diced)
Sea Salt & Black Pepper (to taste)
1/2 cup Brazil Nuts (chopped)

Directions

- 1 Preheat oven to 350F and line a baking sheet with parchment.
- 2 Place the brussels sprouts in a large bowl and drizzle with oil. Add the diced bacon and toss well. Transfer to baking sheet and sprinkle with salt and pepper. Roast for 40 minutes.
- 3 Remove from oven and top with chopped brazil nuts. Enjoy!

Notes

Vegetarians & Vegans, Omit bacon or use coconut bacon.

More Carbs, Add sweet potato.

Nut-Free, Top with toasted pumpkin seeds instead of Brazil nuts.

Leftovers, Keeps well for 3 to 4 days in the fridge.