



Roasted Brussels Sprouts

Active Time: 10 minutes | **Total Time:** 45 minutes | **Serves:** 8

Nutrition Information Per Serving

64.2 calories, 3.94 g carbohydrate, 1.67 g fiber, 2.27 g NET carbs, 1.49 g protein, 5.38 g fat

Ingredients

- 4 cup(s) organic Brussels sprouts
- 1/2 tsp(s) sea salt
- 3 Tbsp(s) coconut oil

Preparation

1. Preheat oven to 400°;F with rack in upper third.
2. Grease 17-by 12-inch pan or cookie sheet with coconut oil.
3. Trim ends and cut Brussels sprouts in half lengthwise
4. Arrange Brussels sprouts on baking sheet. Season with salt.
5. Roast, shaking the pan from time to time to brown evenly, until outer leaves are tender and golden, about 35-40 minutes.
6. Serve.

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