

Brussels Sprouts, Bacon & Brazil Nuts

5 ingredients · 45 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C) 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.

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)

Nutrition

Amount per serving

| | | | |
|-----------------|--------|-------------|-------|
| Calories | 295 | Vitamin D | 0IU |
| Fat | 24g | Vitamin E | 2mg |
| Carbs | 14g | Thiamine | 0.3mg |
| Fiber | 6g | Riboflavin | 0.2mg |
| Sugar | 3g | Niacin | 2mg |
| Protein | 11g | Vitamin B6 | 0.3mg |
| Cholesterol | 14mg | Folate | 85µg |
| Sodium | 301mg | Vitamin B12 | 0.1µg |
| Potassium | 689mg | Phosphorous | 274mg |
| Vitamin A | 1001IU | Magnesium | 96mg |
| Vitamin C | 112mg | Zinc | 2mg |
| Calcium | 84mg | Selenium | 328µg |
| Iron | 2mg | | |

Courtney Cox

<http://www.AwakenYourHealth.Org>

