

Not Your Mama's Brussels Sprouts

Cook Time 25 minutes

Serves 4



Ingredients

- 1 lb brussels sprouts
- 4 mini sweet peppers
- 1 small white onion
- 6 slices nitrate/nitrite free bacon
- 2-3 TBSP avocado oil
- Fresh cracked black pepper
- Pink himalayan sea salt

Instructions

1. Preheat oven at 375°
2. Cut stems off your brussels sprouts and slice down the middle.
3. Chop sweet peppers, onion and bacon.
4. Drizzle all ingredients in avocado oil and add cracked black pepper and sea salt.
5. Place on baking sheet, roast in oven for 20-25 minutes, until vegetables are brown around the edges.

Paleo / Whole30 / Keto / Gluten Free / Low Carb