



*Recipe :*  
**Roasted Brussel Sprouts**

- 1 lb. Brussel Sprouts
- 3 Tbsp. Coconut oil
- 1 Tbsp. Tamari
- 1 tsp. Garlic powder
- Pinch Cayenne (or if you love Chile 1 Tbsp.)
- 1/8 cup Almond slivers

**Instructions**

1. Combine tamari, coconut oil, garlic powder and cayenne. Whisk and set aside.
2. Now slice Brussel Sprouts in half and toss in sauce.
3. Place flat side down on a baking sheet.
4. Bake at 400 degrees for 15-20 minutes or desired texture.
5. Injoy!

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