



Roasted Brussels Sprouts with Bacon & Dates

4 servings

35 minutes

Ingredients

352 grams Brussels Sprouts (trimmed, halved)

3 milliliters Avocado Oil

2 grams Sea Salt

5 1/3 slices Bacon

65 grams Pitted Dates (chopped)

Directions

1

Preheat the oven to 400°F (204°C) and line two baking sheets with parchment paper.

2

Place the brussels sprouts on one sheet and toss with the avocado oil and sea salt. Place the bacon strips on the other baking sheet. Cook the bacon for 14 to 16 minutes, until crispy, then remove from the oven and set aside. Cook the brussels sprouts for an additional 10 to 12 minutes, until crispy, then remove.

3

Chop the bacon and add to a bowl along with the brussels sprouts and dates. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to about 1 cup.

Make it Vegan: Omit the bacon or use vegan bacon or sausage.

No Pork: Use turkey bacon.