



Shaved Brussels Sprouts, Bacon & Apple Salad

4 servings

15 minutes

Ingredients

469 grams Brussels Sprouts (trimmed and halved)
1 1/3 Apple (chopped)
53 grams Red Onion (medium, diced)
4 slices Bacon, Cooked (chopped)
59 milliliters Apple Cider Vinegar
39 milliliters Extra Virgin Olive Oil
20 grams Dijon Mustard
27 grams Maple Syrup

Directions

- 1 In a food processor, add the Brussels sprouts and process until shredded, about twenty seconds.
- 2 In a large bowl, mix together shaved Brussels sprouts, apple, onion, and bacon.
- 3 In a small bowl, whisk together apple cider vinegar, olive oil, dijon mustard, and maple syrup. Add to salad and toss to combine.
- 4 Portion into bowls and enjoy!

Notes

Leftovers: Refrigerate in a resealable container for up to four days.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Top with grilled chicken or cooked chickpeas for an extra satiating meal.

Additional Toppings: Sprinkle with nutritional yeast or grated parmesan for extra flavor.

Make it Vegan: Omit bacon for a vegan alternative.