

BEST ROASTED BRUSSELS SPROUTS

yield: **6 SERVINGS**

prep time: **5 MINUTES**

cook time: **30 MINUTES**

total time: **35 MINUTES**

Caramelized perfection every time!

INGREDIENTS

- 1 pound Brussels Sprouts
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

DIRECTIONS

- 1 Preheat oven to 375 degrees.
- 2 Wash and cut Brussels Sprouts in half.
- 3 Coat evenly with olive oil (or coconut oil), salt, and pepper.
- 4 Bake for about 30-35 minutes until nice and tender (I sometimes turn them halfway in so they'll cook evenly).

NUTRITIONAL INFORMATION

Yield: 6 servings, Serving Size: about 2/3 cup

Amount Per Serving: Calories: 66, Total Carbohydrates: 5g, Fiber: 2g, Net Carbohydrates: 3g, Total Fat: 5g, Protein: 2g

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