

## PHASE 1-4



IDEAL  WELLNESS

MICHIGAN

# MAPLE ROASTED BRUSSELS SPROUTS

**Time:** 10-45 minutes

**Serving:** Measure out 2 cups select vegetables

### Ingredients

- 1lb Brussels Sprouts, cut into halves
- 1 Tbs Extra Virgin Olive Oil
- 1 tsp Sutter Buttes Sweet & Spicy Rub
- 1 Tbs Ideal Protein Maple Syrup

### Directions

In a bowl, toss together the brussels sprouts, oil, seasoning, and maple syrup.  
Air fry: 400 \*F for 8-10 minutes, shaking after 5 minutes and then after 8 minutes.

Cook until golden and tender.

Oven: 400 \*F for 30-45 minutes, tossing them around every 10 minutes to evenly brown.