



Fig & Maple

Sauteed Brussel Sprouts



What you'll need:

- 3 c. Brussel sprouts, finely chopped
- 3 lg dried figs, chopped
- 2 tbsp real maple syrup **for Keto, replace with SF syrup or Monk Fruit & for Paleo, use Honey*
- 2 cloves garlic
- S & P

Makes 2-3 adult servings



*Eat well.
Live well.*

Soy-Free. DF. GF. Sugar-Free. Nut-Free.
Vegan. Vegetarian. *Paleo. *Keto.
Good for ALL Blood-Types

- 1) Prep Brussel sprouts, figs, and garlic.
- 2) Spray pan with a high-heat oil & turn on at medium heat **we like avocado spray*
- 3) Place Brussel sprouts in pan and spray them lightly with oil. Drizzle 1 tbsp of maple syrup on and start sauteing.
- 4) When Brussel sprouts start to change color to a light green, add the garlic, figs, and the other tbsp of maple syrup, along with your desired amount of S&P. **we recommend not over-doing the S&P- you can always add more!*
- 5) Stir continuously to make sure nothing burns, keeping stove on medium in order to bring out the flavor and not kill off the nutrients.
- 6) Once everything is soft, lightly browned, and full of color, it is ready to serve!
- 7) Cooking time should be approx. 10-15 mins.

****Note:** For the most health-conscious version of this recipe, use as many organic ingredients possible.