



## Bacon and Almonds - Brussel Sprouts

Serves: 1  
Prep time: 15 Minutes  
Cooking time: 10 Minutes

### Ingredients:

- 8-10 brussel sprouts
- ½ tablespoon coconut oil
- knob of butter
- 1 slice bacon, chopped, fat removed
- ½ teaspoon grated garlic
- 1 tablespoon roughly chopped almonds
- 1 shallot (green onion) sliced
- 1 tablespoon maple syrup
- zest of half lemon **\*optional**
- lemon pepper **\*optional**

### Method:

- Cover brussel sprouts with boiling water and cook over medium heat for 2-3 minutes, until just tender, Drain, cut in half and pat dry
- In a medium-size frying pan add coconut oil, bacon and shallots and cook for 2 minutes
- Add butter and once melted, add garlic. Cook for 1 minute before adding the brussel sprouts and nuts. Stir to combine, place the lid on the pan and cook for 1-2 minutes, add in maple syrup and cook for a further 3-4 minutes, until brussel sprouts are cooked to your liking
- Season with **\*optional** lemon pepper and lemon zest
- Serve and enjoy



*A must try as they will delight  
even the most sceptic*