



Maple Mustard Brussels Sprouts

1 serving
30 minutes

Ingredients

- 1 cup Brussels Sprouts (trimmed and halved)
- 1/4 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Dijon Mustard
- 1 1/2 tsps Maple Syrup
- 2 tbsps Feta Cheese (crumbled)
- 1 tbsp Pumpkin Seeds
- 2 tbsps Microgreens (optional)

Nutrition

Amount per serving	
Calories	173
Fat	9g
Saturated	3g
Carbs	17g
Sugar	8g
Protein	8g
Cholesterol	17mg
Sodium	320mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking tray with baking paper. Toss the Brussels sprouts with olive oil, sea salt and pepper. Spread across the baking tray and bake for 22 to 24 minutes.
- 2 While the Brussels sprouts roast, mix the dijon mustard with the maple syrup in a small bowl and set aside.
- 3 Remove the Brussels sprouts from the oven and toss with the dijon maple dressing. Transfer to a serving dish and top with feta, pumpkin seeds and microgreens (optional). Enjoy!

Notes

No Extra Virgin Olive Oil: Use avocado oil instead.

Leftovers: Store in the fridge in a sealed container for 2 to 3 days.

Dairy-Free: Omit the feta or use a plant-based cheese instead.

No Pumpkin Seeds: Omit, or use another type of nut or seed such as walnuts, almonds, or sesame seeds.

No Dijon Mustard: Use a grainy mustard instead.