

Miso Roasted Brussels Sprouts

INGREDIENTS

1/2 lb. brussels sprouts, trimmed
1 tablespoon coconut oil, melted
1 tablespoon miso paste
1 tablespoon maple syrup
1 tablespoon apple cider vinegar
1 teaspoon soy sauce or aminos
1 teaspoon sriracha

DIRECTIONS

Preheat the oven to 400°F.

Wash and trim your brussels sprouts, halving the largest ones. Place them into a medium cast iron pan or oven safe baking dish. Set aside.

In a medium bowl, whisk together the coconut oil, miso paste, maple syrup, apple cider vinegar, soy sauce and sriracha. Drizzle the mixture over the brussels sprouts, tossing to coat evenly.

Place in the oven and roast for 20-25 minutes, flipping about halfway through. Serve + enjoy!

NOTES

Leftovers save in the fridge about 3 days.



