



Maple Mustard Brussels Sprouts

2 servings
30 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	173
Fat	9g
Saturated	3g
Polyunsaturated	1g
Monounsaturated	3g
Carbs	17g
Fiber	5g
Sugar	8g
Protein	8g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Toss the Brussels sprouts with olive oil, sea salt and pepper. Spread across the baking sheet 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.