

Smoky Brussels Sprouts V GF

INGREDIENTS

2 cups small Brussels sprouts
 ¼ cup water
 ½ tsp. liquid smoke
 2 Tbsp. maple syrup
 ¼ cup chopped pecans

DIRECTIONS

1. Place water and sprouts in small saucepan. Simmer until tender.
2. Remove lid and turn heat up to medium high. Add maple syrup and pecans and sauté until most of the liquid has evaporated. Salt and pepper to taste.

NUTRITION FACTS *2 servings*

Calories: 93	Total Carbohydrate: 22 g
Fat: .3 g	Dietary fiber: 4 g
Sodium: 27 mg	Protein: 3 g

No Salt Spice Mix V GF*

INGREDIENTS

⅓ cup garlic powder
 ⅓ cup onion powder
 ⅓ cup oregano
 1½ Tbsp. thyme
 1 Tbsp. parsley flakes
 1 tsp. ground pepper

DIRECTIONS

1. Mix and store in air tight container. Use to enhance foods without all the sodium.

