

Christmas Brussel Sprouts



Ingredients:

- 2-3 cups 250-750mL Brussel sprouts
- 1 handful Dates, pitted, chopped
- 1 medium Onion, chopped
- 2-3 tbsp. 30-45mL Maple syrup
- 2-3 tbsp. 30-45mL Olive oil
- Salt and pepper to taste

Directions

1. Preheat oven to 350F.
2. Wash the Brussel sprouts. Peel the outer layer and chop each of them in half.
3. Combine all ingredients in an oven safe dish and bake for 30-35 min.
4. Enjoy 😊