



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Brussels Sprouts Stir Fry

Ingredients

1 ½ Teaspoons Coconut Oil	2 Teaspoons Lemon Juice
1 ½ Pounds Small Brussels Sprouts, Sliced in Halves	½ Teaspoon Fresh Grated Lemon Zest
3 Garlic Cloves, Sliced Thin	¼ Teaspoon Himalayan Salt
¼ Cup Filtered Water	¼ Teaspoon Ground Pepper

Heat a skillet over high heat and add the coconut oil until it is completely melted. Add the Brussels sprouts and garlic. Sauté for 1 minute until browned. Add water carefully, and cook for 2 minutes with a cover, after stirring the sprouts in the pan. Remove the cover and stir in the lemon juice, lemon zest, salt, and pepper. Continue to cook for another 7 to 8 minutes until tender. Serve hot.

Serves 6, 6 sprouts each.



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