



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

## **Brussels Sprouts Stir Fry**

**1 ½ Teaspoons Coconut Oil**

**1 ½ Pounds Small Brussels Sprouts, Sliced in Halves**

**3 Garlic Cloves, Sliced Thin**

**¼ Cup Filtered Water**

**2 Teaspoons Lemon Juice**

**½ Teaspoon Fresh Grated Lemon Zest**

**¼ Teaspoon Himalayan Salt**

**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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