



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

Grilled Asparagus

1/2 Pound Fresh Asparagus

2 Tablespoons Coconut Oil

¼ Teaspoon Salt

**¼ Teaspoon Freshly Ground
Pepper**

**2 Tablespoons Extra Virgin
Olive Oil**

**(use lemon or herbed oil, if
available)**

Preheat the oven to 425°F. Place the asparagus in an oven pan and drizzle with the coconut oil. Toss to coat the spears, then sprinkle with salt and pepper. Bake in the preheated oven until tender, about 12 to 15 minutes. Add olive oil liberally before serving.

Serves 2

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