



# SALADS & SIDES

## GLAZED BRUSSELS SPROUTS

### INGREDIENTS

- 2 cups of Brussels sprouts
- 1 Tbsp olive oil
- 1 Tbsp Maple syrup
- 1 Tbsp organic Tamari sauce
- salt & pepper to taste

### PREPARATION

1. Preheat the oven to 180°C, wash the Brussels sprouts and cut in halves.
2. In a big bowl combine olive oil, maple syrup, Tamari sauce, add Brussels sprouts and mix well so that all of them are covered.
3. Put the mixture on a baking sheet and bake until nicely charred on the sides, moving them and flipping around in between.
4. Enjoy as a side dish with some cooked quinoa and bean burgers or just as a salad topping with Vegan "cheese" sauce.