

## **Brussel Sprouts and “Bacon”**

*My son is a very picky eater. I am grateful that he somehow enjoys brussel sprouts. There is hope for him yet! This recipe is delicious, however, keep coconut in moderation, or even avoid it if you have heart disease.*

¾ cup unsweetened coconut flakes (not shredded)  
1 tsp low sodium tamari or soy sauce  
1 tsp dark maple syrup  
1 ½ tsp liquid smoke  
¼ tsp black pepper  
4 cups brussel sprouts cleaned & cut in half

Preheat the oven to 400. Line a baking sheet with parchment paper.

Place all ingredients from coconut to pepper in a large bowl and mix well. Add the brussel sprouts and toss until coated.

Place everything on a baking sheet and bake for approximately 30 minutes, stirring halfway through. Bake until the brussel sprouts are tender and the coconut is browned.