

Roasted, Balsamic Brussels Sprouts with Grapes and Goat Cheese

INGREDIENTS:

- 5 - 6 cups of Brussels sprouts (quartered)
- 2 tablespoons unmelted coconut oil
- 1 cup of halved grapes
- 1 -2 tablespoons of Balsamic vinegar or glaze
- 1/2 cup of crumbled goat cheese

DIRECTIONS:

Pre-heat oven to 425. Cut up the Brussels sprouts into quarters and mix with coconut oil. Cook the sprouts for about 3 minutes until the coconut oil melts. Then take the Brussels sprouts out and stir them around in the coconut oil, and cook for another 15 - 20 minutes until brown. Take the Brussels sprouts out of the oven again and mix in the grapes and Balsamic vinegar or glaze. Cook for about another 10 minutes, take out and let cool. Then crumble the goat cheese into the sprouts and enjoy!

Serves: 5 - 6