

Orange Balsamic Brussels Sprouts

Makes 2-3 servings

- 1 pound fresh brussels sprouts
- 2 teaspoons balsamic vinegar
- 2 teaspoons Xylitol or 4 drops of Stevia
- *1/2 teaspoon fresh orange zest
- ½ tsp Butter or Olive Oil (plus extra to grease baking pan or casserole dish)
- Salt and Pepper to taste

Remove the stems and cut the brussels sprouts in half.

Preheat oven to 400F.

Lightly grease one baking pan or casserole dish.

In a large bowl, mix together all of the ingredients (you may have to melt the butter before adding it, if you are using butter instead of olive oil).

Place the sprouts cut-side-down on the pan or dish and roast for 15-20 minutes, or until lightly browned.

* You can zest the orange using a fine cheese grater. Before you zest the orange, scrub it very well with a natural soap and rinse thoroughly.