

# Honey-Mustard Brussel Sprouts

## *Ingredients:*

- 2 lbs Brussel Sprouts, halved
- 3 Tbs Extra Virgin Olive Oil
- 1 tsp Coarse Sea Salt
- 2 Tbs Grainy Mustard
- 2 Tbs Raw Apple Cider Vinegar
- 2 Tbs Honey

## *Directions:*

1. Heat oven to 425F
2. Toss brussel sprouts with olive oil and salt in a roasting pan. Roast stirring occasionally, until golden brown, about 30 minutes.
3. Stir together mustard, cider vinegar and honey ands toss the mixture with hot brussel sprouts. Serve immediately.