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Maple Roasted Brussels Sprouts

A suggestion for your holiday table from Hannah Sunderani (TwoSpoons.ca)

INGREDIENTS

1 1/2 lbs Brussels sprouts, halved 1/4 cup coconut oil, melted 1 tsp sea salt 1/3 cup apple cider vinegar 1/4 cup maple syrup 3 tbsp coconut oil, melted 3/4 tsp chili flakes 1/4 tsp ground ginger 1/4 cup chopped hazelnuts 1 tbsp lime zest Visit our Facebook and Visit our Facebook and Visit our Facebook and Instagram pages to see our Instagram pages and gadgets Instagram pages that Instagram pages that Instagram pages to see our



HOW TO MAKE THEM

1. Preheat oven to 450F/230C and line baking tray with parchment paper.

2. Add Brussels sprouts to baking tray and drizzle with coconut oil. Sprinkle with sea salt and toss to combine. Lay sprouts cut-side-down and cook until golden and crispy, 20-25 minutes.

3. Make dressing: In medium bowl, combine apple cider vinegar, maple syrup, coconut oil, chili flakes, and ginger. Whisk together to combine.

4. Toast hazelnuts in small skillet on medium-high heat, stirring often, until lightly browned, 5-7 minutes.

5. When cooked, transfer Brussels sprouts back into serving dish and drizzle with dressing. Sprinkle with toasted hazelnuts and lime zest to finish. Brussels sprouts are best served while still warm and crispy.

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An Invitation



For you & your family to attend our

Annual Christmas Candlelight Service

3 p.m. Saturday, December 10, 2022

at the

Jones Funeral Home 11582 Trafalgar Rd., Georgetown

Presiding over the service Rev. Paul Ivany

& Organist - Haydn Evans

Refreshments to follow in the Trafalgar Room

Please call the Funeral Home at (905) 877-3631 or RSVP online to confirm your attendance

You can view the Candlelight Service by Livestream at **www.jonesfuneralhome.co**



Wishing you a safe & happy holiday season

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