

Maple Bacon Brussel's Sprouts

Bake in the oven or a hot air fryer



Ingredients

- 1/4 c “fiber-yum” or “Vita-fiber” syrup ([Amazon links here](#))
- 1 tsp Maple extract
- 1 lb. Brussels sprouts trimmed, halved (larger ones)
- 1/4 cup bacon grease or coconut oil (or a combination of both)
- 1 Tbsp. apple cider vinegar
- 1/2 tsp. sea salt
- 1/4 tsp. black pepper
- 4-6 bacon slices, fried and cut into 1/2-inch pieces

If you are not able to purchase the fiber syrup from Amazon you can substitute grocery store sugar-free Maple Syrup. Those are sweetened with Splenda, so we don't like to suggest them, but if you don't have the fiber syrup to sweeten the dish you can substitute 1/4 cup of sugar-free maple syrup.

Instructions

Lightly fry up bacon. (Just enough to get some bacon grease. Don't over cook as they will be baked with the sprouts.)

While bacon is frying mix together the fiber syrup and maple extract in a cup.

In a medium mixing bowl - add above syrup mixture and oil, vinegar, salt, and pepper. Whisk together until fully combined.

Add Brussels sprouts and bacon to bowl and toss well to coat evenly.

To bake in a Hot Air Fryer

Transfer sprouts and bacon to air fryer. Cook at 350 degrees for 8-12 minutes - depending on how crispy you like them. At least once during cooking, take out basket and toss contents around.

To bake in an Oven

Transfer sprouts and bacon to preheated 425 degree oven. Cook for 30-40 minutes - depending on how crispy you like them. Give them a good stir after about 15 minutes.