



## **SAUTEED BRUSSELS SPROUTS WITH BACON**

### **SERVES 4**

### **INGREDIENTS**

2 lb fresh Brussels sprouts, trimmed and halved

5 strips sugar-free Paleo bacon

1 tbsp butter

sea salt

freshly ground pepper

### **INSTRUCTIONS**

Cut the bacon into small pieces and add it to a medium size saucepan. Fry the bacon over high heat, stirring occasionally. Once the bacon fat is melted, reduce the heat, add the butter and Brussels sprouts. Sauté the Brussels sprouts for 15-20 minutes until they are tender and browned all over, stirring occasionally. Season with salt and pepper.

Guten Appetit!