

1 1/2 pounds brussels sprouts

1/3 cup olive oil

1 teaspoon sea salt

1/4 teaspoon freshly ground black pepper

2 tablespoons organic maple syrup

1/4 cup toasted sunflower seeds

1/4 cup toasted pepitas

1. Preheat the oven to 375 degrees.

2. To prepare the brussels sprouts, rinse well and remove any brown or discolored outer leaves. Cut off the stems and slice in half.

3. In a large bowl, toss the brussels sprouts with the olive oil, sea salt and freshly ground pepper. Once evenly coated spread the brussels sprouts into a 9-by-13-inch baking sheet lined with parchment paper to roast. Note: Due to the caramelizing process the parchment paper is really helpful.

4. After 15 minutes, give the brussels sprouts a quick stir with a spatula to even out the browning. After 30 minutes, drizzle the sprouts with the maple syrup and stir well to coat.

5. Continue to roast the brussels sprouts for another 15 more minutes, or until they are fork tender (about 45 minutes total roasting time).

6. Toss the roasted brussels sprouts with the sunflower seeds and pepitas and enjoy!