



## Sweet and Spicy Brussels Sprouts

Recipe By KELLI SMITH and ERIN BARNETT

SERVES: 4-6

### INGREDIENTS:

- ☐ 2 lbs. Brussels sprouts
- ☐ 2 tbsp. olive oil
- ☐ 2 tbsp. maple syrup
- ☐ 4 tbsp. hot chili sauce
- ☐ 1 cup dried cherries
- ☐ 1 tsp. salt
- ☐ 1 cup Laura Lynn pecan pieces

### DIRECTIONS:

- ☐ 1. Preheat the air fryer to 300°F for 5 minutes.
- ☐ 2. Trim the ends of Brussels sprouts and slice each in half.
- ☐ 3. Toss sprouts in olive oil and salt.
- ☐ 4. Cook sprouts in the air fryer for 20 minutes.
- ☐ 5. In a small mixing bowl, combine hot chili sauce and maple syrup.
- ☐ 6. Remove sprouts from the air fryer and toss in sauce mixture.
- ☐ 7. Garnish with dried cherries and pecans.

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