



Maple Syrup, Butternut Squash, Brussels Sprouts

Yield: Serves 8-12

Total Time: 40-60 minutes

Ingredients:

- 8 Cups of Brussels Sprouts
- 1 Butternut Squash
- 2 lbs. of Walnuts
- 1 Cup of Raisins
- 1 Cup of Cranberries
- 1/2 Cup of Organic Maple Syrup
- 1 Mandarin Orange
- Olive Oil

Equipment Needed:

- Cutting Board
- Knife
- Juicer
- Spatula
- Measuring Cup
- Large Glass Bowl/Serving Dish
- 2-3 Baking Sheets
- Colander

Prep:

- Get a cutting board and knife and slice the ends of the brussels sprouts and discard
- Slice the brussels sprouts in half and rinse in a colander and set aside
- Get the butternut squash and slice horizontally and then dice butternut squash cubes and set aside (make sure the outer skin is sliced off)
- Slice the mandarin orange and juice with a juicer and set aside

Directions:

- Preheat the oven to 375 degrees Fahrenheit
- Get 2-3 baking sheets and drizzle olive oil onto the baking sheet
- Add the brussels sprouts, butternut squash, raisins, cranberries, maple syrup and orange juice evenly throughout the 2-3 baking sheets
- Place the baking sheets into the oven and bake for 40 minutes or until gently caramelized and crispy
- Add more maple syrup if needed
- Remove from the oven and serve

*****Adjust the ingredients to your liking. *****