



# FYGmdnp Recipe

**\*\*An amazing appetizer that will have everyone wanting more!\*\***

## **Bacon-Wrapped Brussel Sprouts**

- 20-25 organic Brussel Sprouts--remove stem and wash thoroughly
- 1 package of unsweetened bacon (we love the Applegate brand without added sugar)

## **Balsamic Vinegar Mayo Dip**

- 5 tbsp Mayo (we prefer Primal Kitchen Mayo made with avocado oil and Whole 30 approved)
- 2 tbsp balsamic vinegar

1. Preheat oven 400 degrees Fahrenheit. Prepare cookie sheet lined with foil or parchment paper.
2. Cut bacon strips in half. Wrap 1/2 bacon strip around freshly washed and de-stemmed Brussel sprout. Stabilize with toothpick
3. Place in oven for 25-30 mins. Until bacon is cooked and crispy around edges.
4. Mix Mayo and balsamic vinegar together. Chill.
5. Once Brussel sprouts are completed, remove safely with toothpicks still in place. Take out chilled mayo dip and serve!

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