

# Bacon Wrapped Brussel Sprouts Recipe

*This two-ingredient, bacon-wrapped brussel sprouts recipe is the perfect appetizer for a delicious Thanksgiving feast. They are healthy, easy to make, and oh so tasty!*

<b>PREP TIME:</b>	<b>COOK TIME:</b>	<b>TOTAL TIME:</b>
15 minutes	35 minutes	50 minutes



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**YIELD:** 12

## Ingredients

- 12 strips of bacon
- 12 medium/large brussel sprouts
- pepper, to taste

## Instructions

1. Preheat oven to 375°F and line a baking sheet with tin foil.
2. Then, prep brussel sprouts by washing and patting dry with a paper towel.
3. To make bacon wrapped brussel sprouts. Place a brussel sprout at the top of a piece of bacon. Roll up brussel sprout inside of bacon, using the full piece of bacon to wrap, then place on baking sheet. Season with pepper, to taste.
4. Bake at 375°F for 30-35 minutes depending on how crispy you like your bacon.
5. To serve, insert a toothpick into each brussel sprout.

# Nutrition

Serving Size: 1/12 Calories: 58 Sugar: 0 Fat: 4 Carbohydrates: 2 Fiber: 1 Protein: 4

*Find it online: <https://fitfoodiefinds.com/bacon-wrapped-brussels-sprouts/>*

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