

# AIR FRYER BRUSSELS SPROUTS WITH MAPLE LEMON GLAZE



## INGREDIENTS

### ITEM

Brussels Sprouts  
Olive Oil  
Coarse Sea Salt  
Garlic Powder  
IP Maple Syrup  
Lemon Juice  
Pepper

### QUANTITY

1 lb  
2 tbsp.  
To Taste  
2 tbsp.  
1/4 cup  
2 tbsp.  
To Taste



## PREPARATION

- ✔ Preheat your air fryer to 400°F.
- ✔ In a large mixing bowl, toss the Brussels sprouts with olive oil, salt, and pepper.
- ✔ Place the Brussels sprouts in the air fryer basket and cook for 10-12 minutes, shaking the basket every 3-4 minutes, until the sprouts are crispy and browned.
- ✔ While the Brussels sprouts cook, prepare the glaze. In a small saucepan over medium heat, whisk together the maple syrup, lemon juice, and garlic powder. Cook until the mixture has thickened slightly, about 5 minutes.
- ✔ Once the Brussels sprouts are done, transfer them to a mixing bowl and drizzle the maple syrup over the top. Toss to coat evenly.
- ✔ Serve immediately and enjoy your Air Fryer Brussels Sprouts with Maple Lemon Glaze!