

# Air Fried Brussels Sprouts

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## SHORT STORY

Up to trying something that tastes just as good as fried food, but leaves you with none of the negative side effects? Meet the air fryer and enjoy the crispy, warm taste of air fried Brussels sprouts without having to cheat!

**OATH & GRIND**  
*Susan Hoff*  
BY SUSAN HOFF

**TIME**

30 Min


**SERVES**

2-4 people

**COOK**

Stove & Air Fryer

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## INGREDIENTS

- 2 cups Brussels sprouts
- 2 cups water
- 2 Tbsp. coconut oil
- 1/4 cup parmesan cheese (or dairy-free alternative)
- 1/4 cup almonds
- 2 Tbsp. Everything but the Bagel Sesame Seasoning Blend
- salt, to taste

## INSTRUCTIONS

1. In a medium saucepan, combine the Brussels sprouts and water. Cover and cook over medium heat for 8-10 minutes.
2. While the Brussels cook, slice and then crush the almonds with the back of your knife.
3. Drain the water from the Brussels sprouts and allow to cool. Then slice each sprout in half.
4. Toss them into a large mixing bowl and add the coconut oil, parmesan, almonds, sesame seasoning, and salt. Stir together and make sure the Brussels are fully coated.
5. Transfer them into the air fryer and cook for 12 to 15 minutes at 375°F or until golden brown on both sides.