

# best roasted asparagus

## ingredients

1 lb asparagus

salt

olive oil

coconut sugar, maple  
syrup or sucanat

## directions

Preheat oven to 400 degrees. Trim and clean the asparagus. Lay out on a sheet pan and drizzle with olive oil and a generous sprinkling of salt. Place in oven for 10 minutes. Pull out, sprinkle with a generous amount (about 2-3 T) coconut sugar, sucanat or maple syrup. Place back in the oven for 5-10 minutes until the asparagus is crisp-tender. Serve with a sprinkling of coconut sugar.



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