

INGREDIENTS

- 8 strips bacon, cooked and crumbled
- 1 small shallot, minced (Use Shallot or Sweet Onion Infused olive oil if you are FODMAP Sensitive)
- 1 pound Brussels sprouts, shaved
 - Note: Lightly Sauté the Brussels sprouts for 10 minutes if you have Low Thyroid Issues
- ½ cup **extra virgin olive oil** (Use onion or Shallot infused olive oil if you are FODMAP Sensitive - see above)
- ⅓ cup **dried cranberries**
- 6 tablespoons orange juice
- 3 tablespoons lemon juice
- ½ teaspoon **sea salt**



INSTRUCTIONS

1. Combine all ingredients in a large mixing bowl and toss to combine, then serve.
2. If you have low Thyroid, sauté the brussel sprouts for 10 minutes then mix everything together and serve.

Recipes courtesy of Christina Feindel and : <https://autoimmunewellness.com/citrus-bacon-brussels-sprouts-salad/>



Christina Feindel's Citrus-Bacon Brussels Sprouts Salad