

MAPLE GREEN BEANS

INGREDIENTS

- 1 1/2 lb Green Beans, *fresh or frozen*
- 2 tbsp Maple Syrup
- 1 tsp Salt
- 1 pinch Sumac Powder
- 2 tbsp Oil
- 2 tbsp Sunflower Seeds
- 2 tbsp Pepitas

INSTRUCTIONS

1. Place green beans in saucepan or pot and add enough water to cover.
2. Bring to boil over high heat.
3. Reduce heat and simmer until beans are tender and drain thoroughly.
4. While beans cook, combine maple syrup, salt, sumac, and oil. Mix well.
5. Toss the cooled and drained green beans in the dressing and sprinkle with seeds.
6. Serve hot.



WATCH RECIPE VIDEO HERE!