



**GENESIS**  
*Health Solutions*  
WHERE HEALTH BEGINS

## SPICY LEMON & GARLIC ROASTED BROCCOLI

By Dr. Cindy Tanzar  
(Standard/Vegan)

Makes 4-5 servings. One cup is a serving and covers your vegetables at your meal.



### INGREDIENTS

1-1/2 lbs broccoli florets  
¼ cup coconut or avocado oil  
2 Tbs. chopped fresh basil  
1 Tbs. minced garlic  
½ tsp. crushed red pepper (or to taste)  
½ organic lemon juice and zest  
Pink Himalayan salt and fresh-ground pepper, to taste

### INSTRUCTIONS

Preheat oven to 400°F. Lay broccoli florets into a baking sheet covered with parchment paper or Pampered Chef type baking stoneware. Add remaining ingredients and toss to coat well. Roast for 20-30 minutes, depending on size of broccoli pieces, turning halfway through.