

Recipe – Asparagus in Balsamic Butter

Ingredients:

- 3 bunches of asparagus
- extra virgin olive oil
- salt and pepper
- 4 TBS butter (use olive oil if avoiding dairy)
- 1 TBS tamari
- 1 TBS golden (or other) balsamic vinegar
- 2 drops stevia
- 2 hard boiled eggs, grated.

Directions:

Snap off the tough end of the asparagus.

Spread the asparagus out in a baking dish, you'll need 2 pans for 3 bunches.

Drizzle on just a little olive oil and bake at 400 for 10 – 12 minutes.

Melt the butter and stir in the tamari and vinegar.

Arrange the asparagus on the serving plate, pour on the dressing and sprinkle on the grated egg.