

## Delicious Spiced Keto Broccoli

### Description

*This meal is extremely easy to prepare and very delightful to eat.*

**Prep time:** Five minutes

**Cook time:** Twenty minutes

**Total time:** Twenty-five minutes

**Servings:** 6

### Ingredients

2 large broccolis (1.8 Lb.)

3 tablespoons of coconut amino (45 ml) cloves of garlic, finely chopped

1/2 teaspoon of ground ginger

1/4 cup of extra virgin olive oil (60 ml)

1/2 teaspoons of chile flakes

1 tablespoon of sesame seeds (0.3 oz)

Garnish: more sesame seeds

### Instructions

1. First, preheat the oven to about 400 degrees F and then chop the broccoli into small sized florets. Transfer the florets into a mixing bowl.
2. Pour the rest of the ingredients, minutes the chile flakes, into another bowl and combine to make the dressing.
3. Then pour the dressing over the broccoli and mix until the florets are completely coated.
4. Transfer to the oven and bake for about twenty minutes.
5. Garnish the broccoli florets with more sesame seeds or chili flakes.