

## **Health Bits: Holiday Asparagus**

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### **Ingredients:**

3 bunches of asparagus

Avocado oil

Juice from one lemon

Salt

Pepper

Garlic powder

Shallow roasting pan

### **Directions:**

1. Cut off the bottom portion of the asparagus so that only the tender part remains.
2. Place the asparagus on a roasting pan and drizzle with avocado oil and the juice from one lemon. Season with salt, pepper, and garlic powder (to taste).
3. Bake at 350 degrees for 15 minutes.
4. Enjoy!