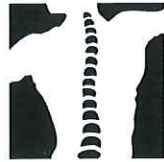


DELAND CHIROPRACTIC & SPINAL DECOMPRESSION

DR. JEREMY M. GORDON

DR. MICHAEL MUNSON

905 NORTH STONE STREET
DELAND, FL 32720



PHONE (386)734-9995
FAX (386)734-9949

Nutritional Counseling/Weight loss DRX Spinal Decompression Chiropractic Acupuncture Soleve Comprehensive Blood Analysis

Oven Roasted Broccoli

- 1 head broccoli, cut in florets
- 2 tablespoons olive oil
- sea salt or kosher salt
- fresh ground pepper
- 2 garlic cloves, minced



1. Toss broccoli florets with the olive oil, salt, pepper, and garlic.
2. Roast in 400 degree oven for about 20 minutes or until slightly crisped and browned.