



25 DELICIOUS WAYS TO EAT *Cauliflower*



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RECIPE MEASUREMENTS KEY

T = Tablespoon

t = teaspoon

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GOLDEN CAULIFLOWER *Turmeric Flatbread*

L Prep Time: 10 minutes **L** Cook Time: 30 minutes **L** Yield: 8 servings

Ingredients:

- 2 cups raw riced cauliflower
- 4 eggs
- 1 cup almond meal
- 3 t turmeric powder
- ½ t sea salt

Instructions:

1. Preheat oven to 350°F. Line a baking tray with parchment paper.
2. In a medium bowl, mix all ingredients and combine well with a spoon.
3. Transfer mixture to the lined baking tray and evenly press it into a rectangle. Make sure the layer is about ½-centimeter thick.
4. Bake at 350°F for 30 minutes, or until golden.
5. Once baked, cool completely and gently peel the parchment paper from the flatbread.
6. Slice flatbread into 8 pieces.
7. Store bread in a container in the refrigerator for up to one week.



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CAULIFLOWER Grilled Cheese Sandwich

L Prep Time: 10 minutes **L** Cook Time: 20 minutes **🍴** Yield: 2 servings

Ingredients:

Cauliflower Bread:

- 2 cups finely riced cauliflower
- 2 large pasture-raised eggs
- 1/2 cup almond meal
- 1/2 t dried basil
- 1/4 t dried thyme
- 1/2 t sea salt

Dairy-Free Mozzarella Cheese:

- 1 cup water
- 1 t nutritional yeast
- 1 cup raw cashews
- 1 T grass-fed gelatin
- 1/4 t sea salt

Instructions:

Cauliflower Bread:

1. Preheat the oven to 400°F and line the baking sheet with parchment paper.
2. In a large mixing bowl, combine riced cauliflower, eggs, almond meal, herbs and sea salt. Stir until well combined and moistened.
3. Using a 1/2 cup measuring cup, scoop the dough onto the baking sheet. Using your hands or a spatula, form four squares and bake for 20 minutes.
4. Remove the baking sheet from the oven and cool the bread for 2-3 minutes.
5. Top two of the cauliflower bread slices with four Paleo cheese slices, and cover with the remaining bread slices. Enjoy warm.

Dairy-Free Mozzarella Cheese:

1. Bring the water to a boil in the small saucepan. Sprinkle the gelatin into the water while stirring. Combine all the ingredients for the cheese in a food processor or blender. Blend until smooth.
1. Pour into the airtight container. Refrigerate for at least 4 hours until solid enough to slice.



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EASY SPANISH Cauliflower "Rice"

 **Prep Time:** 5 minutes  **Cook Time:** 15 minutes  **Yield:** 4 servings

Ingredients:

- 1 T ghee
- 1/2 cup white onion, finely chopped
- 4 cups cauliflower, riced
- 1/4 cup tomato paste
- 1/2 cup chicken or vegetable stock
- 1 t ground cumin
- 1 t sea salt
- 1/4 cup fresh cilantro, chopped

Instructions:

- 1.** In a large skillet over medium heat, melt the ghee and stir in the onion. Sauté 5-7 minutes or until the onions are softened.
- 2.** Add the cauliflower, tomato paste, stock, cumin and sea salt. Stir to combine.
- 3.** Cook an additional 7 minutes. Serve hot, garnished with cilantro.



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HEALTHY CAULIFLOWER 'Mac and Cheese'

L Prep Time: 15 minutes **L** Cook Time: 20 minutes **🍴** Yield: 4 servings

Ingredients:

- 1 head of cauliflower, cut into bite-sized florets
- 1 cup unsweetened almond milk
- 1 cup baby carrots
- 1/2 cup raw cashews
- 2 T nutritional yeast
- 2 T yellow mustard
- 1 t paprika
- 1/2 t garlic powder
- 1/2 t onion powder
- 1 T chopped scallions, plus more for garnish
- 1 t sea salt

Instructions:

1. Begin by bringing 2 cups of water to a low boil in a medium-sized pot. Add cauliflower florets and boil 10 minutes, covered, to tenderize. Drain and set aside.
2. While the cauliflower steams, combine cashews and carrots in a separate small pot with enough water to cover. Bring to a boil and reduce heat to simmer. Cover and simmer for 10-12 minutes or until carrots are soft.
3. Drain carrots and cashews. Place into a blender with almond milk, nutritional yeast, mustard, onion powder, garlic powder, paprika and sea salt. Blend until smooth and creamy.



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CAULIFLOWER Bacon Biscuits

L Prep Time: 5 minutes **L** Cook Time: 35 minutes **L** Yield: 12 servings

Ingredients:

- 2 large eggs
- 1 medium cauliflower, riced
- 2 slices of bacon, cooked
- 1 small jalapeno pepper, diced
- ½ t garlic powder
- ¼ t salt
- ½ cup almond flour
- 2 T coconut oil

Instructions:

1. Preheat oven to 400°F. Prepare a baking sheet with parchment paper or a slip pad.
2. Rice the cauliflower by placing sliced chunks in a blender or food processor and pulsing until it turns into rice.
3. Heat a skillet over medium heat. Add coconut oil, riced cauliflower and jalapeno. Sauté 5-8 minutes, or until cauliflower softens.
4. Transfer the cauliflower mixture to a blender or food processor, add eggs, bacon, garlic powder, salt and almond flour. Blend on high until the rice is broken down and all ingredients are combined. It should be creamy and look like mashed potatoes.
5. Next form biscuits on the prepared baking sheet by carefully scooping ¼ cup of the batter at a time to form each biscuit. It will make 12 biscuits. They will be runny, but that's ok. If it's too runny, toss it back in the batter, mix with a spoon, and then reform the biscuits.
6. Bake at 400°F for 35 minutes or until the edges are slightly browned.
7. Remove from the oven and cool on the pan 5 minutes before gently removing with a spatula and transferring to a wire rack. They will be a little loose when they're still hot, but will harden at room temperature.
8. Serve immediately or store in the refrigerator in an airtight container up to one week. They can also be frozen up to one month.



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EASY CAULIFLOWER *Tater Tots*

L Prep Time: 10 minutes **L** Cook Time: 25 minutes **🍴** Yield: 4 servings

Ingredients:

- ½ head large cauliflower, cut into florets
- 2 eggs, lightly beaten
- ¼ cup coconut flour
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- salt & pepper to taste

Instructions:

1. Preheat oven to 400 degrees. Lightly grease a baking sheet with the coconut oil.
2. Steam the cauliflower florets in a large saucepan with an inch or so of water for 5 minutes until tender, but not mushy.
3. Place steamed cauliflower in a food processor and pulse a few times until the cauliflower is about the size of rice OR finely chop the florets until the size of rice.
4. In a medium bowl combine all ingredients and mix well.
5. Scoop out mixture 1 tablespoon at a time and shape into oval shapes. Place tots on the prepared baking sheet and bake for 20-22 minutes, flipping halfway through.



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CAULIFLOWER Naan Bread

L Prep Time: 10 minutes **L** Cook Time: 20 minutes **L** Yield: 4 servings

Ingredients:

- 1 cauliflower
- 2 eggs
- ¼ cup ground almonds
- ½ t garlic powder
- Salt and pepper, to taste
- Chopped fresh coriander, for garnish
- ½ cup sultanas, optional
- ½ cup chopped pistachio, optional

Instructions:

1. Preheat the oven to 350°F.
2. Line a baking tray with parchment paper.
3. To steam the cauliflower, cut into florets. Next, fill the bottom of a stockpot with 2 inches of water. Set up the steamer and add the cauliflower florets. Cover with a lid and steam over medium-high heat. Steam for about 5-7 minutes until the cauliflower is tender.
4. Remove from heat and cool to room temperature. Drain any water.
5. In a blender, pulse the florets to couscous-sized granules.
6. Transfer cauliflower to a medium-sized bowl and add eggs, almond flour, garlic powder, salt and pepper. Mix well until a dough forms.
7. Divide dough into 4 equal parts and roll into balls. Gently flatten each ball into circles on the parchment-lined tray; top with chopped pistachio and sultanas.
8. Bake for 15-20 minutes until golden-yellow and cooked through. Remove from oven and top with fresh chopped coriander. Serve warm.



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MASHED GARLIC Cauliflower + Meatballs SMOTHERED IN GRAVY

L Prep Time: 15 minutes **L** Cook Time: 30 minutes **L** Yield: 4 servings

Ingredients:

For the Mashed Cauliflower:

- 1 medium cauliflower head
- 1 T grass-fed butter
- ¼ cup coconut milk
- ¼ cup beef stock
- 2 garlic cloves, minced
- Salt and pepper, to taste
- Fresh parsley, to garnish

For the Meatballs:

- 1 lb ground beef
- ¼ onion finely chopped
- 1 T parsley
- 1 garlic clove, minced
- 1 egg
- ½ t salt
- ½ t black pepper
- ¼ t allspice
- ¼ t cinnamon

For the Gravy:

- 2 cups beef stock
- ½ cup coconut milk
- 2 T tapioca flour
- Salt and pepper, to taste



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Instructions:

1. For the mashed cauliflower: In a saucepan over medium heat, add the grass-fed butter, coconut milk, beef stock and minced garlic.
2. Bring to a boil, then reduce the heat to low and simmer for 7-8 minutes or until the garlic is completely soft. Set aside.
3. Next, heat water in a large stock pot until it is boiling.
4. Cut cauliflower head in half and remove the stem, chop into florets, and add them to boiling water. Cook for 15-20 minutes or until the cauliflower is soft when pierced with a fork. Remove from heat and strain.
5. Place cauliflower in blender. Add the butter and stock mixture. Blend on high until smooth. Set aside and keep warm.
6. For the meatballs: In a bowl, combine the minced beef, onion, parsley, garlic, egg, allspice, cinnamon, salt and pepper.
7. Mix the ingredients until well combined. Form meatball by hand or with an ice cream scoop (about two tablespoons of meat mixture for each meatball).
8. Heat two tablespoons of extra virgin olive oil in a large skillet over medium heat. Add the meatballs to the skillet and cook for 8-10 minutes, rotating each ball, until cooked through and browned. Remove from the heat and set aside.
9. For the gravy: Dissolve the tapioca flour in 1 tablespoon of beef stock and set aside.
10. Place the beef stock and coconut milk in the same skillet you cooked the meatballs in. Using a wooden spoon, stir well and simmer for 2-3 minutes, until heated.
11. Remove from heat and stir in the tapioca flour mixture. Return to low heat and continue stirring until slightly thickened.
12. Remove from the heat. Sieve to get any lumps out. Season with salt and pepper.
13. To assemble: On a serving plate, place the mashed cauliflower, top with meatballs, drizzle with the gravy and serve.



PALEO

Cauliflower Bagel

L Prep Time: 20 minutes **L** Cook Time: 20 minutes **🍴** Yield: 4 servings

Ingredients:

- 1 head small cauliflower (sliced into chunks)
- 1 T coconut oil
- 2 large eggs (beaten)
- 1 t apple cider vinegar
- 2 T almond flour
- 1 t tapioca starch
- 1½ t unsweetened shredded coconut
- 1 t baking powder
- ½ t garlic powder
- Black and white sesame seeds (for topping)

Instructions:

1. Preheat oven to 400°F. Line a baking sheet with parchment paper or a silpat.
2. In a blender, blend the cauliflower pieces in small batches until you get a rice-like texture (also known as "cauliflower rice").
3. In a large skillet over low heat, sauté the cauliflower rice until it's lost almost all of its moisture, but it's still not browned. (This process will take about 10 minutes.) To prevent the cauliflower rice from burning, continue stirring.
4. Place the cooked cauliflower rice in a medium bowl. Add coconut oil, eggs, apple cider vinegar, almond flour, tapioca starch, unsweetened shredded coconut, baking powder, and garlic powder. Mix well to combine.
5. Form 4 baseball-sized balls of the cauliflower mixture. Compact each ball by squeezing out as much moisture as possible. Place the balls at least 3" apart on the prepared baking sheet.
6. Flatten the balls and poke a hole in the center of each ball with your finger.
7. Sprinkle the tops of each bagel with black and white sesame seeds.
8. Bake for 15 to 20 minutes, until the bagels are golden brown on the edges.
9. Serve the bagels warm. Store in an airtight container in the refrigerator for up to 3 days.



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CROCKPOT CHICKEN AND *Cauliflower Rice Soup*

 **Prep Time:** 30 minutes  **Cook Time:** 6 hr 20 min  **Yield:** 4 servings

Ingredients:

- 2 medium chicken breasts
- 2 cups celery, diced
- 1 cup carrots, diced
- 6 cups vegetable broth
- 3 cups cauliflower, uncooked and riced
- 3 bay leaves
- ½ t turmeric
- Salt and pepper, to taste

Instructions:

1. Turn the crockpot on high and allow it to preheat while you chop the veggies.
2. To the crockpot, add chicken breasts, celery, vegetable broth, bay leaves, turmeric, salt and pepper.
3. Leave crockpot set on high to cook 6 hours.
4. Check crockpot at 6 hours to see if chicken is cooked. It should be tender and you should be able to pull it apart easily with a spatula or spoon. If not, allow to cook for another hour until you can shred the chicken.
5. After chicken is cooked, reduce crockpot to low. Add cauliflower rice. Cook another 20 minutes to cook the cauliflower rice until tender.
6. Transfer to a bowl and serve immediately.



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MUSHROOM RISOTTO

WITH

Cauliflower Rice

L Prep Time: 10 minutes **L** Cook Time: 20 minutes **🍴** Yield: 2-3 servings

Ingredients:

- 1 large head cauliflower, cut into florets
- 1 T coconut oil
- 1 large yellow onion, diced
- 2 large garlic cloves, minced
- ¾ lb mushrooms, thinly sliced
- ½ cup beef stock
- Fresh parsley, chopped
- Salt and pepper, to taste

Instructions:

1. Cut the cauliflower into small florets, then wash and dry them with paper towels.
2. Process the cauliflower florets in small batches in a food processor or blender until you get a rice-like texture.
3. Heat coconut oil in a large skillet over medium heat and sauté the onions until they are tender and caramelized (about 5 minutes). Add the garlic and stir until it is fragrant. Add the mushrooms and sauté until mushrooms are brown on both sides.
4. Add the cauliflower rice and beef stock and bring heat down to low. Allow the cauliflower rice to absorb the beef stock until it is tender but not mushy (about 10 minutes).
5. Add salt and pepper to taste. Garnish with chopped fresh parsley before dividing it into bowls and serving.



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CAULIFLOWER

Breadsticks

WITH ZERO GLUTEN

 **Prep Time:** 20 minutes  **Cook Time:** 30 minutes  **Yield:** 2 servings

Ingredients:

- 1 head cauliflower (or 4 cups riced cauliflower)
- ¼ cup white sesame seeds
- ¼ cup hemp seeds
- 2 eggs
- 1 t salt
- 3 T extra virgin olive oil
- ¼ cup chopped fresh parsley
- 3 garlic cloves, minced

Instructions:

1. Preheat the oven to 375°F and line a baking sheet with parchment paper.
2. Cut the cauliflower into florets and discard the stem. Wash the florets well.
3. Process the florets in a food processor or electric blender until you get the texture of rice.
4. Sauté the cauliflower rice in a large skillet over medium heat for approximately 10 minutes, stirring with a wooden spoon until cooked.
5. Cool the cauliflower rice before placing it in a cheesecloth and squeezing out as much moisture as possible.
6. Combine the riced cauliflower, sesame seeds, hemp seeds, eggs, and salt in a large mixing bowl until it forms a dough.
7. Transfer the mixture to the prepared baking sheet, and use the back of a slotted spoon to flatten it down until it is about ½-inch thick.
8. In a medium bowl, combine the olive oil, parsley, and garlic together and mix well. Brush the garlic-parsley-oil mixture on top of the prepared "dough".
9. Bake for 30 minutes until golden on the edges or crispy. Cut into pieces and serve!



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ROASTED Curried Cauliflower WITH COCONUT OIL

L Prep Time: 10 minutes **L** Cook Time: 15 minutes **🍴** Yield: 4 servings

Ingredients:

- 1 large head cauliflower, stem removed, florets only
- 2 T melted coconut oil
- 1 T curry powder
- 1 T ground turmeric
- Salt and pepper, to taste
- Fresh cilantro, to garnish
- Black kale, to accompany (optional)

Instructions:

1. Blanch cauliflower florets in a pot of boiling water for about 1 minute, until tender.
2. In a large mixing bowl, whisk the melted coconut oil with curry powder, ground turmeric, salt and pepper.
3. Add cauliflower florets and toss with the coconut oil-spice mixture until florets are evenly coated.
4. In a large skillet over medium heat, sauté the florets until they are fully cooked.
5. Garnish with fresh cilantro. Serve alongside a kale salad.



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TURMERIC CAULIFLOWER RICE *Pilaf*

L Prep Time: 10 minutes **L** Cook Time: 15 minutes **🍴** Yield: 2 servings

Ingredients:

- 1 head cauliflower (florets only)
- 1 large onion (diced)
- 2 garlic cloves (minced)
- ¼ cup golden raisins
- ½ cup roughly chopped almonds
- 2 t turmeric
- 1 t black pepper
- Chopped parsley (for garnish)

Instructions:

1. Wash and cut cauliflower into florets. Remove the stems.
2. Process cauliflower florets in a food processor until you get a rice-like texture. You may need to process the florets in small batches.
3. In a large skillet over medium heat, sauté diced onions for about 5 minutes (until tender). Add garlic and stir-fry until fragrant.
4. Add in cauliflower rice and cook over medium heat for another 5 minutes (until tender).
5. Sprinkle ground turmeric and pepper over the cauliflower rice. Mix until spices are evenly distributed.
6. Add golden raisins and chopped almonds, mixing well and stirring for another 2 minutes.
7. Evenly divide between two bowls. Garnish with chopped parsley before serving.



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SHRIMP AND CAULIFLOWER "Grits"

L Prep Time: 5 minutes

L Cook Time: 30 minutes

🍴 Yield: 4 servings

Ingredients:

For Shrimp

- 1 lb large shrimp, peeled/deveined (thawed if frozen)
- 1 T grass-fed butter (or ghee)
- 2 garlic cloves, minced
- 2 t paprika
- 1/2 t onion powder
- 1/2 t dried thyme
- 1/4 t cayenne pepper
- 1/4 t sea salt

For Cauliflower Grits

- 1 head of cauliflower, broken into florets
- 1/2 cup almond milk, unsweetened
- 1 T grass-fed butter (or ghee)
- 1 T nutritional yeast
- 1/4 t sea salt

Optional Toppings

- Green onion, finely chopped
- Lemon wedges
- Hot sauce

Instructions:

1. Start by placing cauliflower florets in a large pot with 1 cup water. Bring to a low boil and cover. Boil 20 minutes or until cauliflower is fork tender.
2. Drain florets and place into a blender with 1/2 cup almond milk, 1 tablespoon butter, nutritional yeast and sea salt. Pulse until smooth.
3. To cook shrimp, melt grass-fed butter in a large skillet over medium heat. Stir in shrimp and seasonings and cook 6 minutes, stirring occasionally.
4. Pour grits onto serving plate and top with shrimp and sauce mixture. Finish with hot sauce, green onion and a squeeze of lemon.



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EASY CAULIFLOWER SOUFFLÉ *Bake*

L **Prep Time:** 30 minutes

L **Cook Time:** 1 hour

🍴 **Yield:** 4 servings

Ingredients:

- 6 large eggs (room temperature)
- 2 large egg whites (room temperature)
- 1 cup unsweetened almond milk (room temperature)
- 1 medium head of cauliflower (cleaned florets only)
- ½ t dried parsley
- ½ t garlic powder
- ½ t red pepper flakes
- Salt & pepper to taste
- 2 T melted coconut oil (divided)

Instructions:

1. Preheat the oven to 400°F.
2. Prepare a baking sheet with parchment paper, and place cauliflower florets on it.
3. Take 1 tablespoon of the melted coconut oil, and drizzle it over the cauliflower florets.
4. Sprinkle with salt and pepper.
5. Bake in the oven for 20 minutes (until softened).
6. Remove from the oven and let cool.
7. As they cool, whisk together the eggs, almond milk, and seasonings for 4 minutes (until fluffy) in a large bowl.
8. Using an electric whisk in a separate large bowl, beat eggs whites for 5-7 minutes on high (until stiff peaks form).
9. Add the cauliflower florets to the egg and almond milk mixture, then fold in the egg whites.
10. Grease a round soufflé dish with remaining coconut oil, and transfer the egg mixture into the dish.
11. Bake for 50 minutes (until the soufflé has risen and is brown on top).
12. Serve immediately.



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CREAMY CAULIFLOWER Bacon Chowder

L Prep Time: 5 minutes

L Cook Time: 1 hour

L Yield: 4 servings

Ingredients:

- 4 pieces bacon
- 1 cup mirepoix (diced carrots, celery and onion)
- 1 head cauliflower, chopped
- 1 quart chicken broth
- 1 T minced garlic
- 1 t turmeric
- 1 T nutritional yeast
- 1 sprig rosemary
- 1 cup coconut milk
- Salt and pepper, to taste
- Optional: Extra virgin olive oil, as needed

Instructions:

1. In a large stock pot or Dutch oven, cook bacon until crispy. Remove from pan and set aside, reserving the bacon fat at the bottom.
2. Add additional extra virgin olive oil to pan if needed, then the mirepoix, spices and herbs. Cook down for 10 minutes, stirring occasionally.
3. Add in the cauliflower and chicken stock. Stir. Simmer for 40 minutes, until the cauliflower is tender.
4. Stir in coconut milk. Use an immersion blender (or transfer to a blender) and purée to desired consistency.
5. Chop the bacon and stir back into soup.



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WHOLE CAULIFLOWER IN HEAVENLY *Beef Ragoût*

L Prep Time: 15 minutes **L** Cook Time: 45 minutes **L** Yield: 2 servings

Ingredients:

- 1 head cauliflower, with large outside leaves removed
- 2 T coconut oil
- 1 large yellow onion, diced
- 1 large carrot, diced
- 4 celery stalks, diced
- 3 large garlic cloves, minced
- ½ lb beef tenderloin, cubed
- 2 T balsamic vinegar
- 1 cup red wine
- 3 cups beef stock
- Salt and pepper, to taste
- Fresh chopped parsley, to garnish

Instructions:

1. Preheat the oven to 425°F and line a baking sheet with parchment paper. Remove the pits from the avocados and slice the avocado into thin strips lengthwise (5 per half).
2. Wrap each avocado slice with one strip of bacon, and place on the baking sheet. Bake for 25-30 minutes or until the bacon is crisp. Allow to cool for 5 minutes before serving.



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EASY SHRIMP PAELLA WITH TURMERIC Cauliflower Rice

L Prep Time: 10 minutes **L Cook Time:** 30 minutes **🍴 Yield:** 4 servings

Ingredients:

- 1 lb. medium shrimp, peeled
- 4 cups cauliflower rice
- 1/2 cup sweet onion, finely chopped
- 1 cup bell pepper, chopped
- 2/3 cup chicken stock or bone broth
- 2 T organic tomato paste
- 2 T ghee
- 2 T parsley, finely chopped
- 1 t smoked paprika
- 1/4 t saffron threads
- 1/4 t ground turmeric
- 1/4 t pepper
- 1/2 t sea salt
- 1/4 t red pepper flakes

Instructions:

1. Blot shrimp dry with paper towel to remove any excess liquid. In a large skillet, melt 1 tablespoon of ghee over medium heat. Add shrimp and sauté 5-7 minutes, turning once. Place cooked shrimp in a bowl and set aside.
2. Melt down the remaining tablespoon of ghee and stir in onion and bell pepper. Sauté until onion starts to soften, about 5 minutes.
3. Stir in tomato paste and chicken stock. Add cauliflower rice, saffron threads, turmeric, smoked paprika, red pepper flakes and sea salt. Stir well. Cook for 5 minutes.
4. Stir in cooked shrimp and garnish with fresh parsley.



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EASY CAULIFLOWER Turmeric Burgers

L Prep Time: 25 minutes **L** Cook Time: 30 minutes **L** Yield: 8 servings

Ingredients:

- 3 large eggs
- 3 cups cauliflower (riced in a food processor)
- ½ cup almond flour
- 3 T coconut flour
- 1 t coconut oil (melted)
- ½ t garlic powder
- ½ t turmeric
- ½ t parsley
- Salt & pepper to taste

Instructions:

1. Preheat oven to 375°F. Prepare a baking sheet with parchment paper or a slip pad.
2. Rice the cauliflower by placing sliced chunks in a blender or food processor. Then pulse until it turns into "rice."
3. In a large bowl, combine cauliflower rice, almond flour, coconut flour, garlic powder, turmeric, and parsley.
4. In a smaller bowl, whisk together the eggs and coconut oil. Pour over the cauliflower mixture, and stir to combine.
5. Using a ¼ measuring cup, scoop the batter onto the baking sheet to form burgers. They'll be a bit runny, but that's ok; they form together nicely after baking.
6. Cup both your hands around the batter, and gently push any pieces that crumble back together.
7. Repeat the process of forming burgers until all the batter is used.
8. Bake at 375 F for 25-30 minutes, or until the edges of the burgers are slightly browned.
9. Remove from the oven. You can serve this solo, lettuce-wrapped, or on a coconut flour biscuit topped with avocado!



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HEALTHY CAULIFLOWER Egg “McMuffin”

L Prep Time: 15 minutes **L** Cook Time: 20 minutes **🍴** Yield: 2 servings

Ingredients:

For Cauliflower Muffins:

- 2 cups riced cauliflower (½ medium head of cauliflower)
- 1/2 cup almond meal
- 2 large, pasture-raised eggs
- 1/2 t sea salt
- 1/2 t turmeric
- 1/4 t black pepper

For Egg McMuffin:

- 1 egg per muffin
- 1 strip of bacon per muffin, cooked
- 4-5 slices of avocado per muffin

Instructions:

1. Preheat oven to 400°F and line a baking sheet with parchment paper. In a large mixing bowl, combine riced cauliflower, eggs and almond meal until well moistened. Sprinkle in turmeric, pepper and sea salt, and stir well.
2. Using a 1/3 cup measuring scoop, form cauliflower mixture into 4 discs on baking sheet. Bake 20 minutes.
3. In the meantime, prepare toppings for Egg McMuffin. Cook the egg and the bacon to your liking, and slice the avocado.
4. Remove cauliflower muffins from oven and cool 5 minutes. Add toppings on one half and place another muffin on top. Serve immediately.




Recipe author
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CROCK POT CAULIFLOWER 'Cheesy' Dip

 **Prep Time:** 5 minutes

 **Cook Time:** 2 hours

 **Yield:** 2-6 servings

Ingredients:

- 1 medium cauliflower head, chopped into florets
- 1 ½ cups Paleo Parmesan (see link to the recipe below)
- 1 cup coconut milk
- 1 cup chicken or vegetable broth
- 2 garlic cloves, minced
- Pinch of paprika
- Pinch of onion powder
- Salt and pepper to taste

Instructions:

1. Chop the cauliflower florets into small pieces and transfer to the slow cooker.
2. Add the Paleo Parmesan, coconut milk, chicken broth, garlic, paprika, salt and pepper.
3. Cook on high for 2 hours, until the cauliflower is tender.
4. Let the cauliflower mixture cool before transferring it to the food processor. Blend until creamy and smooth.
5. Pour the mixture into serving bowls, sprinkle with paprika and serve with sweet potato chips.



Recipe author
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HONEY CAULIFLOWER

Nuggets

L Prep Time: 10 minutes **L** Cook Time: 25 minutes **F** Yield: 2 servings

Ingredients:

For the Cauliflower Nuggets

- 1 head of cauliflower, broken into florets
- 1 cup almond meal
- 2 eggs, lightly beaten
- Optional garnishes: chopped scallions, sesame seeds

For the Sauce

- 1/3 cup raw honey
- 1 T Paleo sriracha
- 1 T coconut aminos
- 1/2 t minced garlic

Instructions:

1. Preheat the oven to 400°F and line the baking sheet with parchment paper.
2. Whisk the eggs in a small bowl, and pour the almond meal into a separate small bowl. Dip each cauliflower floret in the egg and shake off the excess. Coat the floret in the almond meal, and place on the baking sheet.
3. Bake for 15-20 minutes. While the cauliflower bakes, stir together the ingredients for the sauce in a small bowl.
4. Remove the baking sheet from the oven, and drizzle the sauce over the cauliflower. Return to the oven for 5 minutes.
5. Garnish with sesame seeds and chopped scallions. Serve hot.



Recipe author
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TERIYAKI MEATBALL BOWL

WITH CAULIFLOWER

Rice + Veggies

 **Prep Time:** 15 minutes  **Cook Time:** 25 minutes  **Yield:** 2 servings

Ingredients:

For the Meatballs:

- 1 lb ground beef
- 1 egg
- 2 garlic cloves, minced
- 1 t coconut aminos
- ¼ cup tapioca starch
- 1 small onion, diced
- Sesame seeds, for garnish

For the Teriyaki Sauce:

- 1 T tapioca starch
- ½ cup coconut aminos
- 2 T raw honey
- ½ t ginger powder
- ¼ t garlic powder

For the Cauliflower Rice and Veggies:

- 1 head cauliflower, processed into rice
- 1 small carrot, cut into ¼-inch thick rounds
- 1 cup green beans, cut into 3-inch strips

Instructions:

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. For the meatballs: Combine ground beef, egg, minced garlic, coconut aminos, tapioca starch, and diced onions in a large mixing bowl. Mix well until the ingredients are combined.
3. For each meatball, scoop 2 tablespoons of mixture to form a 1½-inch ball.
4. Place the meatballs in a single layer on the prepared baking sheet, about 2 inches apart.
5. Bake the meatballs for 20 to 25 minutes until they are golden brown and cooked through.
6. For the teriyaki sauce: Mix the tapioca starch, coconut aminos, raw honey, ginger powder and garlic powder in a small bowl until combined.
7. For the cauliflower rice and vegetables: Sauté the cauliflower rice in a skillet over medium heat until cooked through.
8. In a pot of boiling water, blanch the carrot rounds and the green beans until cooked and tender.
9. Serve the baked meatballs and vegetables over cauliflower rice. Drizzle with teriyaki sauce. Garnish with sesame seeds and serve.



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CRISPY-SKIN FISH & *Mashed Cauliflower* DRIZZLED WITH OREGANO BUTTER

L Prep Time: 10 minutes **L** Cook Time: 40 minutes **🍴** Yield: 4 servings

Ingredients:

For the Cauliflower Puree:

- 1 medium cauliflower head
- 1 T grass-fed butter
- ¼ cup coconut milk
- ¼ cup chicken stock
- 1 garlic clove, minced
- Salt and pepper, to taste

For the Crispy-Skin Fish:

- ½ T extra virgin olive oil
- 4 7-oz hake fillets
- Salt and pepper, to taste

For the Oregano Butter:

- 3 oz grass-fed butter
- 2 t dried oregano (or 1 T fresh oregano)
- 1 garlic clove, minced

Instructions:

1. For the mashed cauliflower: In a saucepan over medium heat, add the grass-fed butter, coconut milk, chicken stock and minced garlic.
2. Bring to a boil, then reduce the heat to low. Simmer for 7-8 minutes or until the garlic is completely soft. Set aside.
3. Next, heat water in a large stock pot until it is boiling.
4. Cut cauliflower head in half and remove the stem, chop into florets, and add them to the boiling water. Cook for 15-20 minutes or until the cauliflower is soft when pierced with a fork. Remove from heat and strain.
5. Place cauliflower in blender. Add the butter and stock mixture. Blend on high until smooth. Set aside and keep warm.
6. For the fish: Season the hake fillet with salt and freshly ground black pepper.
7. Heat the extra virgin olive oil in a large skillet over medium-high heat and add the seasoned fillets, skin-side down. Cook for 4-5 minutes or until golden and crisp. Flip fillets and cook for another 3-4 minutes. Remove from the pan, keep warm and set aside.
8. Add the grass-fed butter and oregano to the same skillet and allow the butter to gently melt over medium-low heat. Once melted, remove from heat and stir in the minced garlic.
9. Spoon the oregano butter over the fillets and serve with mashed cauliflower.



Recipe author
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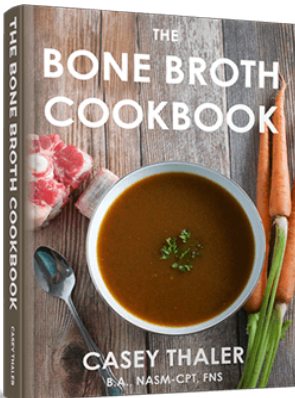
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