

cauliflower waffle hash brown

SERVES 3

RECIPE ADAPTED FROM: brookelark.com

COOK TIME: 15 minutes

1 head of cauliflower or 1 bag of riced cauliflower

2 eggs

1 large bunch of scallions, finely diced

2 Tbsp olive oil

2-3 Tbsp shredded cheddar cheese (optional)

Salt and pepper, to taste

Chili powder, to taste

These re-heat surprisingly well. Store leftovers in the fridge for 3-5 days and re-heat when ready to eat.



CUT cauliflower head in half and then in quarters. Remove the core and leaves. The florets will fall apart.

BREAK apart or chop into smaller pieces.

PLACE cauliflower into a food processor in a single layer.

PULSE in short intervals until you have even rice-sized pieces. Be careful to not over-process or you'll end up with cauliflower "dust."

SET aside in a large bowl and repeat until all cauliflower has been riced. (You can also use a bag of pre-riced cauliflower to save some time! If frozen, allow it to thaw a bit before using.)

PREHEAT waffle iron.

SPRAY waffle iron with olive oil spray or melted coconut oil, butter or ghee (if not non-stick).

COMBINE cauliflower with eggs, scallions, olive oil, cheese, salt, pepper and chili powder.

SPOON a third of the mixture into the preheated waffle iron.

COOK until golden brown.

GENTLY remove from iron and enjoy!

REPEAT twice until remaining batter is gone.

MAKE IT A MEAL: Serve with protein and nutrient-dense carbohydrate of choice.