

# air fryer cauliflower

**Makes 4 servings**

**PREP TIME:** 3 minutes

**COOK TIME:** 15-20 minutes

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1 head fresh cauliflower cut into florets OR a 16oz bag frozen cauliflower

1 Tbsp avocado oil

½ tsp turmeric

¼ tsp black pepper

dash of cumin

dash of cayenne (optional)

salt, to taste

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PREHEAT air fryer to 370°F (190°C).

PUT cauliflower florets in air fryer, drizzle with oil and add seasonings. Use tongs to toss ingredients until florets are well coated.

ROAST in air fryer for 15-20 minutes, tossing/flipping at least once after 10 minutes.

