

Cauliflower Fried "Rice"

1 medium	Cauliflower-grated (5 cups)
¼ cup	Round Onions, chopped
2	Garlic cloves, minced
½ cup	Luncheon meat or any meat, chopped
½ cup	Frozen Vegetables (peas, carrots)
3	Eggs, Scrambled
1 Tablespoon	Vegetable oil
1 Tablespoon	Sesame oil
2 Tablespoon	Soy Sauce
1 Tablespoon	Oyster Sauce



Salt and Pepper to Taste

1. Rinse and thoroughly dry cauliflower, then remove all greens and cut into sections.
2. With a box grater, use the medium-sized holes, or grate using food processor with the grater attachment. Don't over process, cauliflower will become mushy.
3. Dry cauliflower "rice" with a paper towel.
4. Heat large pan and add vegetable oil.
5. Cook eggs and scramble. Place in a bowl and set aside.
6. Fry luncheon meat. Add onions and garlic, fry for approximately 2 minutes. Add vegetables and fry additional 2 minutes.
7. Add Cauliflower "rice", soy sauce, and oyster sauce. Cook for 5 minutes and stir.
8. Add eggs back into the rice.
9. Add salt and pepper to taste.

Cauliflower Pudding (Vegan, Gluten-free)

5 cups	Cauliflower
1 cup	Coconut milk
½ cup	Water
1.5 cups	White Sugar
2.5 Tbsp.	Cocoa powder

1. Rinse cauliflower, boil until soft (approximately 15 minutes).
2. Blend cauliflower, water, and coconut milk in a high-power blender until smooth.
3. Add sugar, vanilla extract and cocoa powder to mixture and blend.
4. Chill for at least 3 hours and then serve.



Raw Cauliflower

Nutrition Facts	
Serving size	1 cup (107g)
Amount Per Serving	
Calories	25
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 0.4mg	2%
Potassium 320mg	6%
Vitamin C	60%
Vitamin K	15%
Vitamin B6	10%
Folate	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooked Cauliflower

Nutrition Facts	
Serving size	1 cup (85g)
Amount Per Serving	
Calories	20
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 0.3mg	2%
Potassium 121mg	2%
Vitamin C	40%
Vitamin K	10%
Vitamin B6	6%
Folate	10%

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