



# CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

**Cilantro-Lime Cauli-Rice**  
Low-Carb Side & Metabolic Flexibility

[www.consciousrewire.com](http://www.consciousrewire.com)

# Cilantro-Lime Cauli-Rice

Low-Carb Side & Metabolic Flexibility

## What This Supports

Supports lower-carbohydrate eating, digestion, and meal volume without excess calories.

## Why It Works

Cauliflower provides fiber and volume while cilantro and lime enhance flavor without added sugars or fats.

## Ingredients

Cilantro-Lime Cauli-rice

Ingredients:

-2 tbsp grassfed ghee

small head cauliflower, grated

bunch chopped green onion

bunch chopped cilantro

-4 tbsp lime juice

-2 tbsp cumin

## Directions

. Heat ghee in saucepan over medium heat. Add in grated cauliflower and cook for 2-3 minutes.

. Remove from heat and stir in the rest of the ingredients.

## Best Use

Use as a rice substitute on lower-carb days or alongside higher-protein meals.

## Food Notes & Safety

Prepare fresh and refrigerate promptly.

## Storage & Reheating

Store refrigerated up to three days.