

CAULIFLOWER & HERB “SCRAMBLE”



TIME REQUIRED

15-25 mins

SERVING

2-4

STEPS

- Sauté onion and garlic in 2–3 tsp water until fragrant.
- Add riced cauliflower, turmeric, paprika, and tomatoes. Cook until cauliflower is tender (~8–10 minutes).
- Stir in nutritional yeast and garnish with parsley.

INGREDIENTS

- 1 head cauliflower, riced
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 cup cherry tomatoes, halved
- 1 tsp turmeric
- 1 tsp paprika
- 2 tsp nutritional yeast
- Salt & pepper to taste
- 2 tsp chopped fresh parsley

PS

A low-carb, anti-inflammatory alternative to scrambled eggs, packed with fiber and antioxidants.