

Roasted Cauliflower

3 ingredients · 35 minutes · 2 servings



Directions

1. Preheat oven to 350 degrees F and line a baking sheet with parchment paper.
2. Toss cauliflower florets with avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt. Roast for 30 minutes or until golden brown, tossing at the halfway point.
3. Remove from oven and enjoy!

Notes

No Avocado Oil

Use coconut oil or olive oil instead.

Make it Cheesy

Toss in nutritional yeast after roasting.

Ingredients

- 1/2 head** Cauliflower (chopped into florets)
- 1 tbsp** Avocado Oil
- 1/8 tsp** Sea Salt (or more to taste)

Nutrition

Calories	99	Cholesterol	0mg
Fat	7g	Sodium	192mg
Carbs	7g	Vitamin A	0IU
Fiber	3g	Vitamin C	71mg
Sugar	3g	Calcium	32mg
Protein	3g	Iron	1mg