

Turmeric Cauliflower

Servings: 1

RECIPE BOX

INGREDIENTS

1 HEAD CAULIFLOWER, FLORETS ONLY
1 TBSP OIL OF CHOICE (I USE OLIVE OIL)
1/2 TSP TURMERIC POWDER
1 TSP GARLIC POWDER
1/2 TSP CURRY POWDER



DIRECTIONS:

STEP 1: Toss the florets in olive oil

STEP 2: Sprinkle with spices, there's no measurement because it's based on your palate. The first time you use turmeric, maybe start with less than you think and increase it as you enjoy more often.

STEP 3: Spread on baking sheet and roast in oven for 35 minutes at 350

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 106; Carbs 13g; Protein 5g; Fiber 5.3g; Sugar 5g

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