

Cauliflower Fried Rice

Time: 20 minutes **Serves:** 4

Ingredients:

- 1 medium head of cauliflower
- 4 tbs ghee
- ½ tsp garlic powder
- ½ tsp of each: sea salt and pepper
- 1 large carrot, shredded
- 1 medium onion, diced
- 4 eggs
- ¼ cup coconut aminos

Directions:

1. Chop cauliflower into small florets and add to blender. Blend until consistency of rice pieces is achieved.
2. In a large skillet over medium heat, add 2 tablespoons ghee and cauliflower. Add garlic, salt, and pepper and cook for 5 minutes.
3. Add carrot and onion and cook until softened.
4. Add remaining ghee and eggs. Stir to scramble them and chop finely.
5. Stir in coconut aminos and serve.

