



Cauliflower Popcorn

Makes 5 Child Sized Portions

Preparation Time: 5 minutes

Baking Time: 25 minutes

Preheat oven to 425 °F (220°C)

Common allergens: none

Equipment List

- Small knife
- Cooking spray
- Parchment paper
- Cooking sheet

Nutrition Information

Calories	42.4 calories
Total Fat	0.5 g
Saturated Fat	0.1 g
Sodium	81.5 mg
Carbohydrate	8.5 g
Fibre	3 g
Sugar	3.2 g
Protein	3.2 g

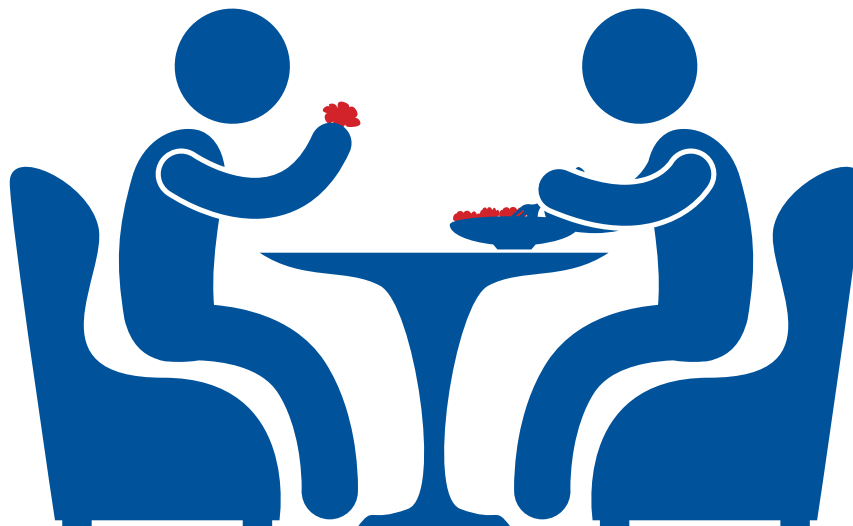
What You Need

INGREDIENTS	AMOUNTS	METRIC
Cauliflower head,	chopped	1 whole
Salt and pepper to taste		
Turmeric	(optional)	



Instructions

1. Use a small knife to break cauliflower into popcorn-sized shapes.
2. Spread on baking sheet lined with parchment paper.
3. Spray cooking spray over cauliflower nuggets.
4. Season with pepper, salt and turmeric.
5. Place in oven for 25 minutes.



Recipe taken from www.eatright.org