

RECIPE

Hero Vegetable: Cauliflower

Cauliflower Gingerbread

Ingredients:

1 Tbs vanilla extract
3 cups cauliflower (1 head), riced
1 cup molasses
½ cup milk
1 Tbs cinnamon
½ tsp ground cloves
1 Tbs ginger, grated
1 egg
2 cups flour
1 tsp baking soda
½ tsp salt
2 tsp baking powder
1 cup brown sugar

Directions:

Preheat your oven to 350F. Grease a 9inch baking pan. Set aside.

Combine first 6 ingredients in a food processor and blend until smooth. In a medium sized bowl combine remaining dry ingredients until combined. Pour the wet ingredients into the bowl with your dry ingredients. Mix until well combined but do not over mix. Pour batter into the prepared pan. Bake for 35-40 minutes or until a toothpick inserted comes out clean. Let cool in the baking pan for 10 minutes before cutting into squares.