

Cauliflower Chocolate Sauce

Ingredients

- 1 cups milk chocolate chips
- ½ cup cauliflower, riced
- ½ cup heavy cream
- ½ tsp vanilla
- ¼ cup sugar

Directions

Place the chocolate chips in a small mixing bowl. Set aside. Heat the cauliflower, sugar, and heavy cream in a small sauce pot over medium heat until it comes to a boil. Be sure to stir it consistently to avoid burning. Remove from heat. Take a submersion blender and puree it until smooth. Pour the mixture over the chocolate chips. Cover the bowl with plastic wrap and let sit until the bowl has cooled down, about 5-8 minutes. Stir the chip mixture until smooth. There shouldn't be any lumps. Drizzle over crepes or any dessert.

*Tip- Mini chocolate chips melt much faster than the regular size.

Cauliflower Tortillas

Ingredients

- 4 cups or 2 lbs cauliflower florets, roughly chopped
- 3 egg whites
- 2 Tbs ground flaxseed meal
- ¾ tsp salt
- ½ cup tapioca or arrowroot flour

Directions

Preheat your oven to 350F.

Line a cookie sheet with parchment paper. Spray nonstick cooking spray evenly over the parchment paper. Set aside.

Place all the ingredients in a food processor and blend until all the ingredients come together. The cauliflower should be the size of rice. Using a large ice cream scoop or your hands, scoop the cauliflower mixture into uniform mounds of dough. Place a mound on the parchment paper and press down gently until it is about ¼ inch thick, not too thin or it will fall apart. Repeat with remaining mounds of cauliflower until you run out of room on the cookie sheet. Bake for 10 minutes. Using a thin spatula, gently loosen each tortilla from the parchment paper and flip. Bake for another 4 minutes. Let cool completely. Repeat with remaining cauliflower mixture.

Cauliflower Fried Rice

Ingredient

- 3 Tbs soy sauce
- 3 Tbs sesame oil, divided
- 2 eggs, beaten
- 1 head cauliflower, riced (about 3-4 cups)
- 1 cup vegetables, diced
- Salt and white pepper to taste

Directions:

Heat a wide shallow pan and coat with cooking spray. Pour in the beaten eggs and cook, stirring a few times to form scrambled eggs. When you can visibly see the eggs are completely cooked through, transfer them to a plate. Set aside.

In the same pan, sauté the vegetables in 2 tablespoons of sesame oil over medium high heat until slightly tender. I chose onions and celery so I'm cooking them until my onions are translucent, but my celery will remain a bit crunchy. Stir in the soy sauce, then the riced cauliflower. Gently toss the cauliflower until it has incorporated all the soy sauce throughout.

Sprinkle with salt and white pepper if needed. Break up the scrambled eggs and sprinkle them over the fried cauliflower. Serve immediately.