



Avocado Toast w/Cauliflower Flatbread

TRIFECTA NUTRITION KITCHEN



INGREDIENTS

- 4 whole eggs
- 16 ounces Trifecta organic cauliflower
- 1/2 cup almond flour
- 1/2 an avocado
- 1/2 cup ground flaxseed
- 1 tsp kosher salt

DIRECTIONS

1. Pre-heat oven to 350 degrees.
2. Ground cauliflower in a food processor until it resembles rice.
3. Transfer to a mixing bowl and add the rest of the ingredients EXCEPT the avocado.
4. Mix well to incorporate all the ingredients.
5. Add the mixture to a lined 13x9 pan. Make sure to spread the mixture well in the pan to make the flatbread.
6. Add to the preheated oven and bake for 20-25 minutes or until it is golden brown.
7. Once it is done, slice however you'd like and plate slices. Top with avocado & a fried egg.



Cauliflower Mash

TRIFECTA NUTRITION KITCHEN



INGREDIENTS

- 2 cups Trifecta organic cauliflower
- 10 cloves peeled garlic
- 2 tbsp melted coconut oil
- 1 to 2 tsp of cracked black pepper
- 1 to 2 tsp kosher salt

DIRECTIONS

1. Pre-heat oven to 350 degrees.
2. Add all the ingredients to a mixing bowl and mix well.
3. Add mixture to a sheet pan and spread the mixture out.
4. Add to the preheated oven for 10-15 minutes or until garlic is roasted.
5. Take out of oven and let it cool slightly. Transfer the mixture to a food processor and blend until it is a complete mash.
6. Plate and use in any recipe you want to substitute mashed potatoes.



Spicy Cauliflower Rice

TRIFECTA NUTRITION KITCHEN



INGREDIENTS

- 16 ounces Trifecta organic cauliflower
- 2 stalks chopped green onions
- 1 tbsp minced garlic
- 1 tbsp soy sauce
- 1/2 tbsp cayenne powder
- 1 to 2 tsp of black pepper
- 2 tbsp avocado oil

DIRECTIONS

1. Heat avocado oil in a pan over medium-high heat.
2. Ground cauliflower in a food processor until it resembles rice.
3. Add the riced cauliflower and the remaining ingredients to the pan.
4. Saute in pan for 15 minutes.
5. Plate and use in any recipe you want to substitute rice.