



Phone: 480-284-8155
Fax: 866-823-2115
Azimsolutions.com
4657 S. Lakeshore Drive Suite 1
Tempe, AZ 85282

Cauliflower Bread

Ingredients:

- 1 medium chopped cauliflower
- 2 TBSP grams coconut flour
- 3 TBSP grams whey or rice protein isolate or 30 grams coconut flour
- 2 TBSP grams Grana Padano or Reggiano cheese, grated
- 1 teaspoon sea salt
- 1 teaspoon bicarbonate of soda
- 1 large egg
- 6 large egg whites
- 1 teaspoon fresh lemon juice
- 1 teaspoon chilli, smoked paprika, roasted garlic, or some finely chopped fresh herbs (optional)

*You can omit the protein powder if you like and just add another 2 TBSP grams of coconut flour.

Directions:

1. Preheat the oven to 400F.
2. Oil the inside of a bread tin.
3. Place the cauliflower in to the bowl of a food processor. Pulse a few times, until chopped finely. It will resemble cauliflower rice.
4. Add the remaining ingredients and pulse until smooth. If you are adding chilli, paprika, garlic, or herbs, to the bread, add them with the other ingredients. Adjust the seasoning, if desired.
5. Transfer to the prepared tin and smooth the top. If you prefer to sprinkle some chilli or herbs on top, do it now.
6. Lower the oven temperature to 375F and bake the bread for 10 minutes.
7. Reduce the temperature to 350F and bake for a further 50 minutes, or until risen and golden and cooked through.
8. Remove from the oven and cool on a wire rack, in the tin. When cool, carefully remove the bread, and serve.
9. Store, wrapped in foil in a freezer bag, in the refrigerator. It will keep fresh for several days if stored this way.